

## Recommendations from the United States Postal Service

### Is the Mail Safe: United States Postal Service Response to Coronavirus

Prior to initiating a mail campaign between campers, the Camp One Step team felt it was important to first determine if this was a safe initiative. If you search the internet, you will find an abundance of information about how long coronavirus lives on various surfaces, however there is limited data to support most of this information. So we felt it was important to go directly to the source – the United States Postal Service (USPS). Their website has an entire section devoted frequently asked questions (FAQs) about coronavirus. For detailed information, you may visit their site directly by accessing the following link: <https://faq.usps.com/s/article/USPS-Coronavirus-Updates-for-Residential-Customers>.

We hope you find this information helpful!

## Safety

### How is the USPS keeping mail and its employees safe?

The United States Postal Service has a dedicated COVID-19 Command Response leadership team that is focusing on employee, operational, business, and customer continuity during this unprecedented epidemic. We continue to follow the strategies and measures recommended by the Centers for Disease Control and Prevention (CDC) and public health departments. The CDC has information available on its website at <https://www.coronavirus.gov> that provides the latest information about COVID-19.

Importantly, the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>), the World Health Organization (<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>), as well as the Surgeon General have indicated that there is currently no evidence that COVID-19 is being spread through the mail.

Specifically, according to the World Health Organization, “the likelihood of an infected person contaminating commercial goods is low and the risk of catching the virus that causes COVID-19 from a package that has been moved, traveled, and been exposed to different conditions and temperature is also low.” And according to the CDC, “in general, because of poor survivability of these Coronaviruses on surfaces, there is likely very low risk of spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures. Coronaviruses are generally thought to be spread most often by respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with imported goods and there have not been any cases of COVID-19 in the United States associated with imported goods.”

## **Camper to Camper Mail Exchange Infection Control Recommendations**

### **If you are sending a letter, card or package to another camper, we recommend the following:**

- Participate in the mail campaign only if you and your family members (those who live in the household) are healthy. If you have a fever, cough or other cold symptoms, please reach out to other campers through email until you are healthy. Being healthy means that you no longer have a fever and that all signs/symptoms of the illness are gone.
- Before writing your card or letter, practice good handwashing using the recommended guidelines established by the Center for Disease Control ([www.cdc.gov](http://www.cdc.gov)) – remember to scrub your hands for 20 seconds or more with soap and water – try singing a camp song, like the banana song, or you can choose another one of your camp favorites. You can substitute hand sanitizer for soap and water as long as it contains 60% or more alcohol in the ingredients – remember to rub your hands together until your hands are completely dry.
- If you are sending a package, wipe down all of the items in the package with a recommended cleanser before mailing.
- When finishing your card or letter, use glue or a glue stick to seal the envelope rather than licking the envelope.

### **If you receive a letter from another camper, we recommend the following:**

- Enjoy your card or letter. We hope it brings a smile to your face & brings back many happy, fun camp memories.
- After you have finished reading your card or letter, remember to wash your hands using the good handwashing techniques described above.

Thanks for your assistance!

Your Camp One Step Team