

Healthy Volunteer Guidelines

To help us care for one another, we recommend **ALL** volunteers follow some precautions.

PLEASE DO NOT attempt to volunteer if you have:

- Experienced symptoms that could be related to COVID-19 in the last 14 days (i.e. cough, fever, or any respiratory illness)
- Been near someone who is sick or if you or anyone in your household have been in close contact with anyone who is confirmed to have COVID-19.
- Traveled to any foreign country or traveled by cruise, in the last 14 days.
- A heart condition, lung disease, diabetes, or any other serious health condition, or are over the age of 65.
- Been to an event where more than 50 people were in attendance in the last 14 days

PLEASE DO NOT self-deploy to volunteer for any activity without confirming that there is a need for the activity, that it will be conducted, and that volunteer support is needed and expected.

PLEASE practice universal infection control precautions

- Clean and wash your hands before, during, and after volunteering for a minimum of 20 seconds.
- Avoid physical contact with others and maintain a social distance of 6 feet.
- Cover your cough and sneezes with your elbow or tissue.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Pack a “go-bag” that includes hand sanitizer, snacks, water and any other personal items you might need.

DO allow for extra time for additional screening from volunteer organizations or agencies to make sure you are cleared to volunteer for the task.

DO clean any used spaces thoroughly before and after, including tabletop surfaces and doorknobs/handles.

DO use proper Personal Protective Equipment (PPE) if needed/provided for the task.

DO maintain the social distancing of 6ft apart **ESPECIALLY** when interacting with general public through meal pickups and deliveries. This is critical given the shortage of masks.

DO expect that shifts or opportunities may be cancelled; especially volunteer opportunities working with the vulnerable populations.

Please be gracious and understanding.

If you do not follow these guidelines, staff may ask you to leave the volunteer project.