

# 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.**