

# Volunteer COVID-19 Guidelines

During this national emergency, we understand individuals who are not suffering from the coronavirus may want to help. However, all volunteer activities must follow critical health and safety protocols so we can protect volunteers, clients, and employees.

## **General guidelines for volunteers:**

All individuals should consider their level of risk for the virus prior to engaging in any volunteer service. Those meeting the definition of high-risk based on CDC guidelines are strongly encouraged to not volunteer.

Please review the Centers for Disease Control definition for people who are at higher risk for illness.

## **DO NOT attempt to volunteer if in the last 14 days you:**

- Have any of the symptoms related to COVID-19 as identified by the Centers for Disease Control and the Department of Health.
- Have been around anyone who has COVID-19
- Traveled to any foreign country
- Been on a cruise or been in an airport
- Been to an event with more than 50 people
- Traveled from a hot spot in the past 14 days

## **DO NOT volunteer if you live with or are in frequent contact with people in higher-risk categories for the virus.**

DO ask about any risk that may be associated with the task and DO NOT take part if you feel uncomfortable with the risk level.

## **DO practice universal infection control precautions:**

- Clean and wash your hands for a minimum of 20 seconds before, during, and after volunteering.
- Wear a cloth face covering in indoor public settings and in outdoor public settings when you cannot maintain at least 6 feet distance from others.
- Avoid physical contact with others and maintain a distance of at least six feet.
- Cover your cough and sneezes with your elbow or tissue. If soap and water are not 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.