

How to volunteer during COVID-19

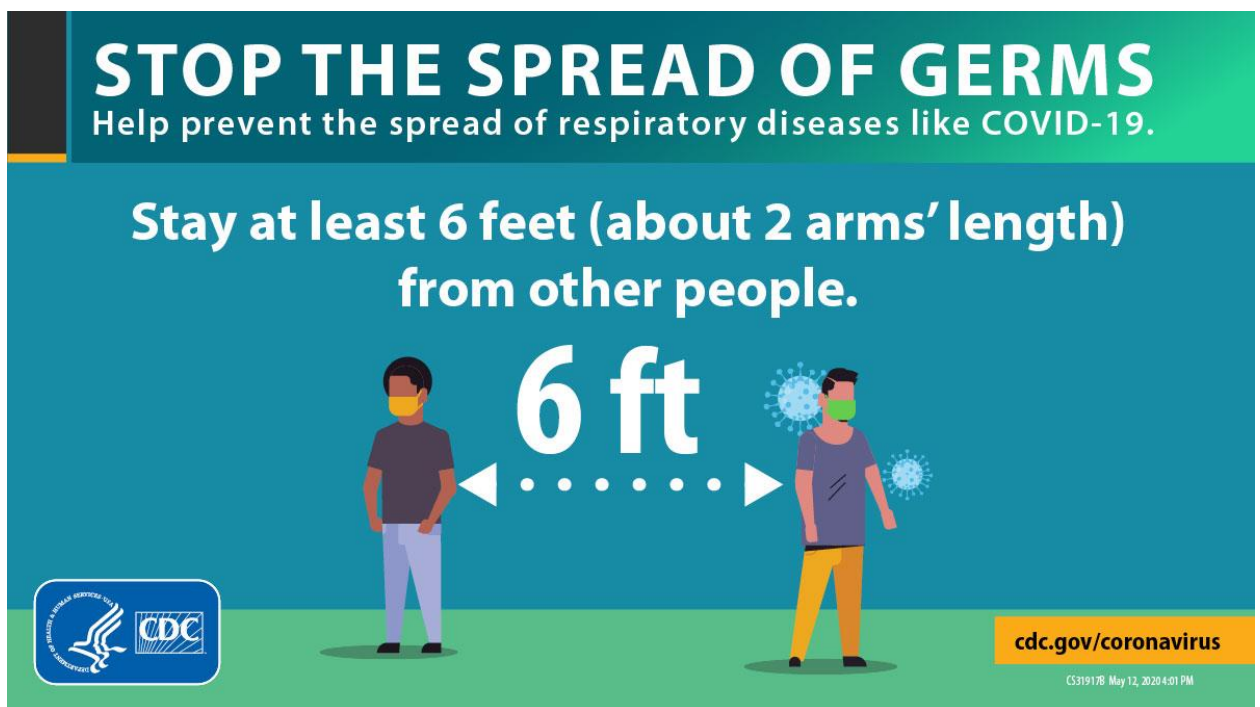


#HealthierJC

How do I volunteer?

Remember the four key actions to prevent COVID-19 transmission:

- **Stay home if sick:** Stay home if you are sick unless you are leaving for essential medical care (including testing) or other essential errands.
- **Physical distancing:** Stay at least 6 feet away from other people.



- **Must Wear a face covering:** Protect those around you by wearing a face covering. You can be contagious without symptoms and spread the disease when you cough,

sneeze or even talk. A face covering may help reduce the spread of COVID-19.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

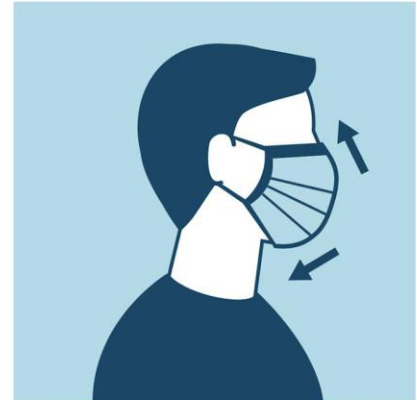
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

- **Practice healthy hand hygiene:** Wash your hands often with soap and water or use hand sanitizer if soap and water are not available; clean frequently touched surfaces regularly; cover your cough or sneeze with your sleeve, not your hands.

How to Handrub?

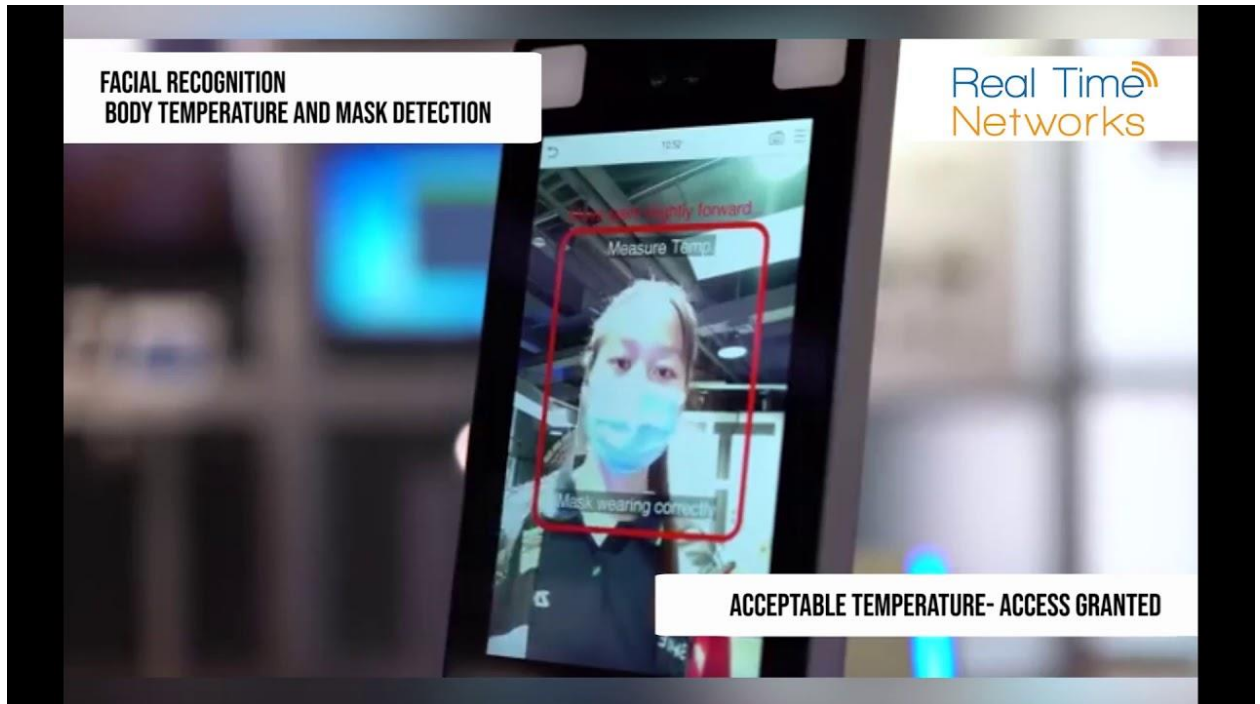
RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds



Recommended COVID-19 Protocols for Volunteers :

- Volunteers **must wear an approved face mask**, either homemade or issued when available.
- All volunteers must **sign a waiver** affirming that they have not exhibited any symptoms within the past 14 days, or been in contact with someone who has shown any symptoms or is in fact sick.
- **Do not volunteer** if you live with or are in frequent contact with people in the higher-risk categories for the virus.
- Keep in mind that organizers or coordinators might use the **latest technology** in temperature checking such as touchless temperature scan (these are based in facial recognition with a camera).



<https://www.realtimenetworks.com/rtn-temperature-screening-solution>

Guidelines to follow while volunteering:

- **Volunteers must follow strict safety protocols.** This helps to protect themselves and one another, and the food supply or any other service that might be given. All external leaders of volunteer groups will receive advance COVID-19 instructions prior to their scheduled visits and all volunteers will hear a COVID-19 statement at the beginning of each session
 - No volunteers under the age of 18 are allowed.
 - Volunteers **must wear an approved face mask**, either homemade or issued when available.
 - Volunteers must wear long sleeve shirts and pants.
 - Volunteers will be provided gloves.
 - Work boots or closed toes shoes are mandatory.
 - Volunteers will verbally affirm the waiver by our staff on site.

- Volunteer coordinators will monitor for visible signs of any illness (though symptoms of illness do not always present visibly) and graciously require impacted volunteers to exit to ensure group safety.
- All volunteers **must wash their hands for at least 20 seconds** before beginning their shift. 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.
- Additional hand sanitizer dispensers will be placed in several areas for use during their project.
- Any volunteer who steps away from the line **must re-wash their hands before resuming.**
- Cover your cough and sneezes with your elbow or tissue.
- Allow for extra time (**arrive early**) for additional screening from volunteer organizations or agencies to make sure you are cleared to volunteer for the task.
- Maintain the social distancing of 6ft apart **especially** when interacting with the general public through meal pickups and deliveries. This is critical given the shortage of masks.
- Expect that shifts or opportunities may be cancelled; especially volunteer opportunities working with the vulnerable populations. Please be gracious and understanding.
- Expect for organizers or coordinators to ask you **not to volunteer** for the day in case of showing any symptoms such as fever or coughing. Please be understanding.

Guidelines to follow in healthcare volunteering:

- Use proper **Personal Protective Equipment** (PPE) if needed/provided for the task.

COVID-19 Personal Protective Equipment (PPE) for Healthcare Personnel

Preferred PPE – Use N95 or Higher Respirator

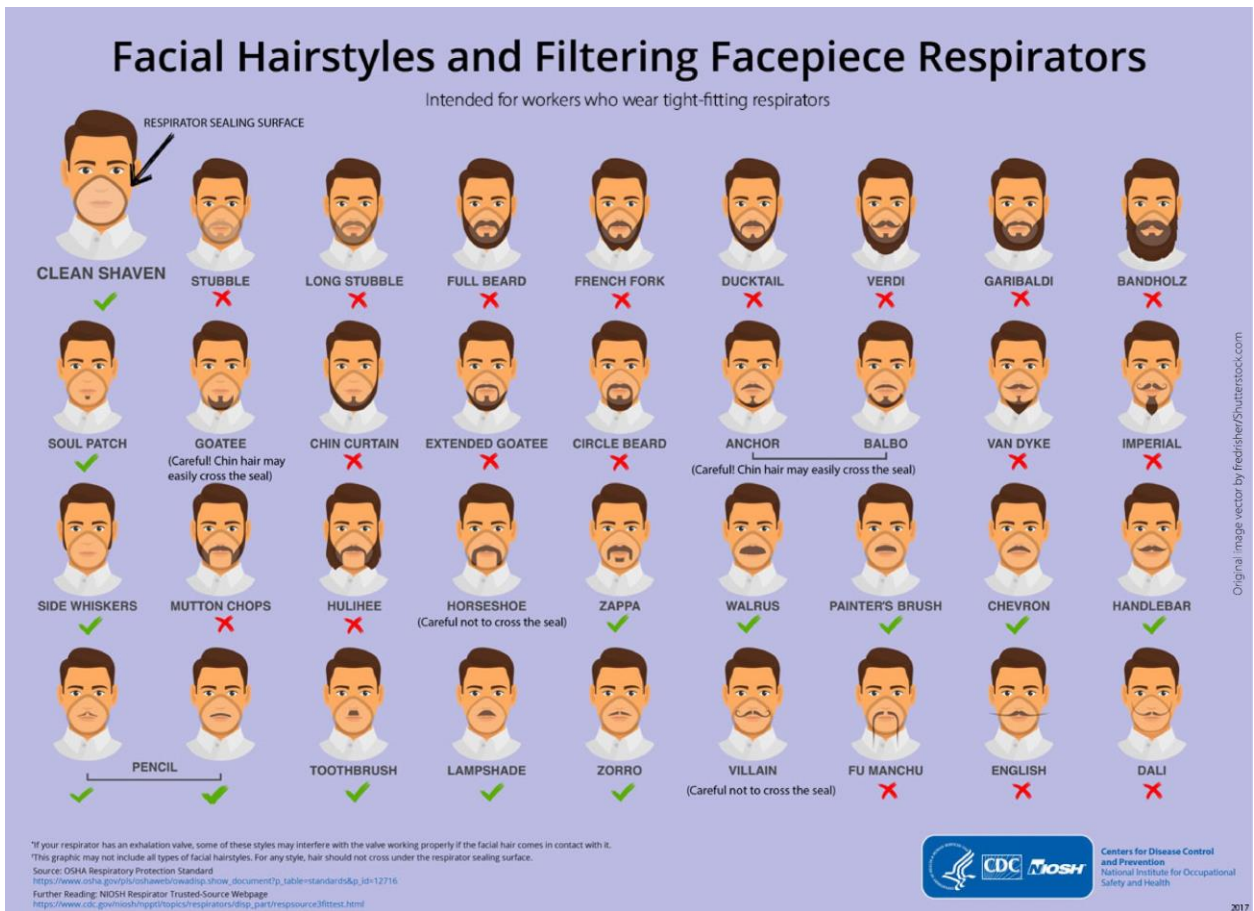


Acceptable Alternative PPE – Use Facemask



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

- ❑ All hair **must be tied up** and beards must be trimmed or shaved to ensure that particles are not able to enter through gaps that might be between the mask and your face; this is to ensure your safety and everyone else.



- Make sure to ask** about any risk that may be associated with the task and **do not** take part if you feel uncomfortable with the level of risk. You can be assigned to a different task.
- Expect for organizers or coordinators to ask you **not to volunteer** for the day in case of showing any symptoms such as fever or coughing. Please be understanding.
- Allow for extra time (**arrive early**) for additional screening from volunteer organizations or agencies to make sure you are cleared to volunteer for the task.