

## Stay Safe While Volunteering: In-Person Service Projects

Out of an abundance of caution we are following these guidelines to limit the risks associated with COVID -19. **DO NOT GO TO A VOLUNTEER SITE IN THE COMMUNITY IF:**

1. You have had contact with anyone with confirmed COVID-19 in the last 14 days.
2. You are at increased risk for due to a having a: heart condition, lung disease, liver disease, kidney disease, asthma, diabetes, being immunocompromised (including cancer treatments and organ transplant) or any other health condition that puts you at risk.
3. If you are a caregiver for a person who has increased risk.
4. You are over 65.
5. You have had any of these symptoms in the last 14 days: fever greater than 100°, difficulty breathing or shortness of breath, cough, sore throat, loss of smell or taste.
6. You have traveled outside of California in the last 14 days.

### **While Volunteering in the Community:**

Out of an abundance of caution we encourage all volunteers to take the following precautions. Keep in mind that every setting is unique and we can all work together to make accommodations to maintain physical distancing while still working together.

1. Wear a face covering.
2. Follow all safety guidelines from the project leader (protective gear, etc.)
3. Leave your volunteer site if you begin to feel ill during the project.
4. Wash your hands upon entering the volunteer site.
5. If you need to cough or sneeze do it into a tissue or face covering wash your hands.
6. Maintain physical distancing of 6-feet between people. This may mean that you need to slow down. Work with your project leader to problem solve and innovate solutions.
7. Bring your own personal supplies with you if you can. Think about what you may need while you are out and plan ahead. Ideas include: a face covering, water bottle, sunglasses, hair tie or hat, protective gloves or hand sanitizer (if you have it). Any resource that you can provide for yourself will help the organization to conserve their resources.

To report safety concerns please call the Volunteer Hotline at (831) 457-9834