

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 COVID due to 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. You are a caregiver for a person who has increased risk.
4. You have had any COVID-19 symptoms in the last 10 days (symptom list on next page).
5. You have traveled outside of California in the last 14 days.
6. Our volunteer projects are currently open to volunteers who live in Santa Cruz or Monterey County. To prevent the spread of COVID-19 please do not travel from other counties to volunteer.

While Volunteering in the Community:

Most volunteer projects are considered essential services and you can still volunteer during a shelter in place order. Please do your best to follow these safety protocols while volunteering. 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 (required for all projects).
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 or sanitize your hands upon entering the volunteer site.
5. 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.
6. 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, protective gloves or hand sanitizer. 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)200-3311

Volunteer Self-Screening Tool

Use this list as a guide to determine if you are well enough to volunteer (you should answer “no” to all questions):

- Do I have a fever/chills or do I feel feverish?
- Do I have a new cough?
- Do I have shortness of breath or difficulty breathing?
- Do I have a sore throat?
- Do I have body aches?
- Do I have an abnormal or unusual headache?
- Do I feel excessively tired/fatigued?
- Have I noticed a new loss of taste or smell?
- Do I have congestion or a runny nose?
- Am I nauseous or vomiting?
- Do I have diarrhea?

More information about COVID-19 Symptoms and safety and local updates can be found on the Santa Cruz County Health Services Agency website:

<http://santacruzhealth.org/>

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