



## Volunteering During COVID-19

**Before each volunteer shift, please review the Volunteering During COVID-19 Agreement and please don't come to volunteer at the Food Shelf if you are ill or experiencing any symptoms of the flu or COVID-19:**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**More information can be found at:** <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

**Hand Washing Guidelines:** Volunteers will wash their hands upon arrival. Washing your hands is one of the most effective ways to prevent the spread of germs. Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

More information can be found at: <https://www.cdc.gov/handwashing/when-how-handwashing.html>. Hands should be washed after eating or drinking and after touching your face, facemask or personal items (eyeglasses, phone, hat, keys, or other similar items). If soap and water are not readily available, use an alcohol-based hand sanitizer that contains **at least 60% alcohol**.

**Glove Wearing Guidelines:** In the past few months, we have required volunteers to wear gloves, but will not require this going forward. According to the CDC, wearing gloves is not necessary in most situations and they recommend wearing gloves when cleaning or caring for an ill person. If you would like to wear gloves during your volunteer shift, they can be provided. Please remember that like hands, gloves get dirty and use the same guidelines above for keeping your gloves clean and sanitized.

**Mask Wearing Guidelines:** Volunteers will wear face masks while volunteering and good mask wearing practices must be followed.

- Wear your mask over your nose, under your chin.
- Wash or sanitize your hands before and after putting on your mask
- Wash or sanitize your hands before and after removing or touching your mask
- Dispose of your mask in a trash receptacle after use

**Social Distancing Guidelines:**

- Volunteers will follow social distancing guidelines and keep a minimum of 6 feet of distance between themselves and others at all times
- Volunteers may store minimal items in the break room
- A **maximum number of three people** may be present in the break room at one time

**If I am unable to make a volunteer shift, how do I cancel?**

- Volunteers are crucial to our operations so please let us know if you will not be able to attend a volunteer shift. When possible, please give us ample notice (2 or more days) if you are unable to make it and email or call your area lead (Sonja, Trica, Marie or Devin). For shift-based roles, you can delete your shift through the link provided in the confirmation or reminder emails from Sign-Up Genius.

**Am I able to come late or leave early from my volunteer shift?**

- We ask that everyone stays to work their entire shift. We understand that things come up and ask that you let your staff lead know when you this isn't possible.

**Thank you for your commitment to our community through a healthy and safe volunteer experience! We appreciate your support!**