



Health and Safety Considerations for Volunteering During a Health Crisis

If you are thinking about volunteering...

- Get fully informed about the most up to date information regarding COVID-19, the risks, and public health directives where you live. We have recommended changes (at right) to keep volunteers, clients and staff safe while volunteering.
- Determine whether or not it is safe for you and those in your household to volunteer in-person, based on public health information and advice of your own health professionals. If not, seek virtual volunteer opportunities.
- If you are able and willing to accept the risks associated with in-person volunteering, follow the practices in place to keep you safe and minimize risk to the extent possible.
- Practices and protocols to protect volunteers vary based on our programs, clients, and sites. The CarePartners' Coordinator and the host site may have more specific guidelines.

Make sure you are **WELL ENOUGH** to volunteer:

- ⇒ If you are not feeling well (particularly if you have trouble breathing, fever or cough), self-isolate and please refrain from volunteering and stay home for at least 14 days or as otherwise advised by state and local public health authorities.
- ⇒ If you have recently returned from outside the USA, follow CDC and Texas guidelines regarding isolation.
- ⇒ If you are an older adult and have serious underlying health concerns, avoid volunteering that involves personal interaction at this time. Join online volunteering programs from home.

IN PREPARATION for volunteering:

- Wash your hands consistently both before volunteering and during.
- Avoid using public transportation to volunteering, if possible.
- Come equipped with a personal bottle of hand sanitizer, personal protective mask, gloves (for kitchen/food prep) or other personal protective equipment.
- Avoid sharing dishes / food with others.
- Make sure you have fully completed volunteer training for your position.

DURING volunteering:

- Follow CDC guidance: Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Maintain social distancing of at least 6 feet away from others.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cough or sneeze into the bend of your arm. Dispose of any tissues you have used and wash your hands afterwards.
- Avoid touching surfaces people touch often.
- Use any necessary personal protective equipment, as directed.
- Follow recommendations regarding restrictions on Gatherings and groups.
- Avoid shaking hands, hugging, or any other physical contact.
- If someone is not feeling well, inform your Coordinator immediately.
- You should leave packages / food or any other deliveries at the door.
- If at any point while volunteering, you feel uncomfortable, contact your Coordinator immediately and make arrangements to leave.



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Protecting **YOUR** health protects **EVERYONE'S** health.

Information is changing rapidly as more data is gathered about COVID-19. To encourage accurate sharing of information, please refer to trusted sources including the Centers for Disease Control (cdc.gov), World Health Organization (who.int), or Harris County Public Health (publichealth.harriscountytexas.gov) to find updated facts and guidance.

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AFTER volunteering:

- Inform your Coordinator / Team Leader when departing and let them know how everything went and share anything worth noting.
- If you feel distressed or need to talk, please contact your Coordinator.
- Take care to rest and refresh. Assume only the tasks that you believe you can handle.
- If you are not feeling well after volunteering, contact your local Public Health Authority or health care provider and follow their advice and notify the Coordinator / Team Leader.

