

Guidelines for Volunteers at Project Host during COVID 19 Pandemic

During this National Emergency, we understand that those who are not suffering from the virus, or who may have already recovered from the virus, may want to help. However, all volunteer activities should adhere to critical health and safety protocols in order to:

- Protect Volunteers
- Protect Residents
- Protect Clients
- Protect Service Agencies

General Volunteer Guidelines - The Do's and Don'ts:

DO NOT:

1. Consider volunteering if you are, or live with or are in frequent contact with people in the higher risk categories for the virus. Listed below are higher risk factors stated by the CDC:

- People 65 years of age and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People with diabetes
 - People with chronic kidney disease undergoing dialysis
 - People with liver disease
 - People with severe obesity (body mass index of 40 or higher)
 - People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or Aids, and prolonged use of corticosteroids and other immune weakening medications

2. Attempt to volunteer for any activity if in the last 14 days you have:

- If you have or have been in close physical contact with someone who has; traveled to any foreign country or to California, Washington, New York, New Jersey, Connecticut, Washington D.C., or Chicago (this list may change on short notice)
- Been on a cruise or been in an airport
- Been around anyone who has COVID-19
- Been to an event where more than 250 people were in attendance
- Have shown symptoms of COVID-19, including but not limited to: coughing, fever, shortness of breath, chills, muscle/body aches, and loss of taste or smell.

DO:

1. Ask about any risk that may be associated with the task and DO NOT take part if you are uncomfortable with the level of risk.
2. Allow for extra time for additional screening to make sure you are cleared to volunteer for the task.
3. Clean any used spaces thoroughly before and after, including tabletop surfaces and door knobs/handles.
4. Use proper Personal Protective Equipment (PPE) for all tasks
5. Maintain the social distancing of 6ft apart

Prior to beginning any volunteer opportunity at Project Host, volunteers must have their temperature taken, recorded and signed off on at the beginning of the shift. Project Host will always provide disposable masks and gloves to be used at all times while volunteering.

We are extremely thankful to those that wish to volunteer, and this document is meant to ensure the safety of all parties at this time. If there are any questions or concerns , please email either Paulette Dunn at paulette@projecthost.org or Tobin Simpson at tobin@projecthost.org prior to arrival.

Your signature below indicates that you have read, understand, and agree with the COVID 19 Guidelines for Volunteers at Project Host.

Print Name:

Signature:

Date:

Project Host Staff Signature: