

## 2021 HANDS Holiday Dinner and Gift Bag Deliveries Information for Volunteers and COVID Protocols

Welcome and thank you for volunteering!

Our 18<sup>th</sup> annual holiday meal and gift bag delivery for adults 50 years or older will be similar to last year with special COVID protocols to protect everyone's health and safety. Because of the additional social isolation caused by the pandemic, this event is more important than ever. The event procedures have been developed to align with the Vermont Department of Health's COVID guidelines.

- All meals will be home delivered rather than shared at a community dinner.
- Because of restrictions on use of the Burlington High School (BHS) cafeteria, gift bags will be assembled and picked up for delivery at Burlington's Elks Lodge at 925 North Ave. Meals will still be prepared at BHS. This will require two stops for volunteer drivers; one to pick up gift bags at the Elks Lodge and a second to pick up meals at BHS.
- To ensure the safe delivery of meals, volunteer drivers should wear a mask when going to the door of the recipient, keep your visit with the recipient brief and socially distanced, and sanitize hands between deliveries (hand sanitizer will be provided).
- All volunteers who are assisting with the gift bagging process and/or distribution of bags to volunteer drivers will be asked to wear masks and practice social distancing while in the Elks Lodge and while interacting with other volunteers outside.

If you or anyone in your group have any of the following on the day(s) of your volunteering, please stay home:

- **Fever within 48 hours**
- **Other symptoms within 48 hours, including cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, chills, sore throat, recent loss of taste or smell, congestion or runny nose, nausea, vomiting, diarrhea, or headache**
- **Within the last two weeks, have been in close contact with any person who is known to have COVID-19 (close contact is defined as within 6 feet of an infected person for a total 15 minutes or more over a 24-hour period)**

**If any of the above are true on the day you are scheduled to volunteer, then please call or text Jess Hyman at (802) 598-3139 and let us know that you will not be able to participate.** Please do not feel that you must show up because you promised to. The greater promise is to keep the seniors and all of the other volunteers healthy. Thank you!

*We appreciate your willingness to respect these guidelines as a way of protecting the health of our community's seniors and of all the volunteers, like you, who have made this day possible. You are the best.*