

COVID-19 Volunteer Guidelines

During this national emergency, we understand individuals who are not suffering from the coronavirus may want to help. However, all volunteer activities must follow critical health and safety protocols so we can protect volunteers, residents, clients, and staff.

All individuals should consider their level of risk for the virus prior to engaging in any volunteer service. Those meeting the definition of high-risk based on CDC guidelines are strongly encouraged to not volunteer. Please review the [CDC definition for people who are at higher risk for illness](#).

To help ensure the health and safety of everyone, we are asking each volunteer to follow these guidelines:

- **DO NOT attempt to volunteer:**
 - If you or anyone with whom you have regular contact has any of the COVID-19 symptoms in the last 14 days.
 - Symptoms such as shortness of breath, cough, sore throat, muscle pain, nausea/vomiting, and new loss of taste or smell.
 - If you traveled to any foreign country in the last 14 days.
 - If you've been on a cruise or been in an airport in the last 14 days.
 - If you are sick or come into contact with someone who is sick. Avoid taking risks to keep us all safe.
- **Wear a mask throughout your entire volunteer shift at Canal Alliance.** We will provide you with a K-N95 mask. For your first day, you can come wearing your own mask if you do not already own a K-N95 mask.
- Maintain physical distance of at least 6 ft between you and others, especially when you interact with the general public and deliver items/food or process meal pickups.
- Wash your hands or use hand sanitizer before, during, and after volunteering. Canal Alliance will have gloves and hand sanitizer for you to use on site.
- Cover your cough and sneezes with a tissue, if tissues are not available cough and sneeze into your elbow. Avoid touching your face while volunteering.
- If you feel unwell or begin to experience any COVID-19 symptoms while volunteering, please promptly report them to a staff member and leave immediately.
- In order to decrease exposure of both, volunteers and CA staff, volunteers are only allowed inside the building in the back-room area and the bathrooms. A sign and stanchion rope are there to indicate the end volunteer area (ends at water fountain). Going forward, the Food Pantry Coordinator will provide all the supplies needed outdoors in parking lot.
- Inform yourself of safety precautions and procedures before arriving to your volunteer opportunity. Most importantly, remember to follow the California Department of Public Health's guidelines. Visit www.cdph.ca.gov/COVID19 for more information.
- Visit the COVID-19 CA Health Resources page for testing information: <https://coronavirus.marinhhs.org/covid-19-testing-information>