

COVID-19 Volunteer Protocols:

Volunteering in the community can be done while still practicing **SOCIAL DISTANCING** and being careful to follow these guidelines.

- Avoid close physical contact and/or touching others, you must keep a 2 meters (6 feet) distance from one another at all times, and preferably be outside.
- Work in small groups of 5 or less people and maintain a distance between each person (see point 1) – this may change based on provincial guidelines
- Avoid crowding. Maintain safe 2 meter distances between those lining up for services, food pick up, etc.

Practice **HAND WASHING** with soap in between activities and/or immediately after touching common surfaces, packages, etc. in which you or others come in contact with or will be handling (doorknobs, counter tops, your phone, money, keyboards, steering wheel, etc).

- See additional “Hand Washing with Soap” handout
 - o Wash hands for 20-30 seconds with soap and water (optimal) or use hand sanitizer before and after all activities.
 - o Scrub all areas of the hands, fingers, thumbs and wrists.
- Avoid touching your face including eyes, mouth, nose.
- Cover your mouth and nose with a tissue when coughing or sneezing or cough/sneeze into the bend of your arm.

CLEAN & DISINFECT frequently touched and **COMMON SURFACES** (doorknobs, cell phone, steering wheel, countertops, etc) as often as possible using alcohol wipes or bleach solution.

- For more information on what to clean in your home, and how best to do it:
<https://clutterbug.me/2020/03/how-to-kill-the-viruses-in-your-home.html?fbclid=IwAR3C38dhNtoQqDWOVwknAfYmoLKS17BjfgcG7Tv2OsQJYMhLWAF035Cosnc>

Do not enter anyone else’s home. Leave deliveries outside the door or whenever possible, make arrangements to pick up/drop off at a safe location outdoors maintaining a distance of 2 meters from other people.

KEEP A RECORD of your activities, who you may have come in contact with and any places you visit.

For more information on Social Distancing see “Social Distancing” handout or visit:

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/social-distancing.html>

To prevent the spread of COVID-19, please avoid volunteer activities if you are experiencing any of the following symptoms:

- Feeling tired
- Difficulty breathing
- A high temperature
- A cough and/or sore throat

These symptoms are like other respiratory diseases, including flu and the common cold. The incubation period during which a person has the disease but is not exhibiting symptoms can be between one day and two weeks. It's possible that the virus can be passed on to others during the incubation period before the person carrying starts to exhibit symptoms.

If you begin feeling ill with any symptoms, cease all volunteer activity immediately. Consult local/provincial health guidelines and take further action as necessary, including isolating yourself at home.

- Report all symptoms to your volunteer coordinator/contact, as well as what activities you have undertaken, and with whom you may have had contact.

If you have health concerns, call HealthLink BC at **8-1-1**. For non medical information about COVID-19 call **1-888-COVID19 (1-888-268-4319)** or text **604-630-0300** from 7:30 am to 8 pm.

Please generally avoid public volunteer activities if you:

- Have travelled or been exposed to a case of COVID-19 within the last 14 days.
- Are in one of the vulnerable age categories
- Have a compromised immune system or have other health conditions that may put you at greater risk

Practice self care. Ask for help in managing COVID-19 stress, anxiety and/or depression. Take time as you need. Maintain healthy eating and exercise habits and be sure to enjoy some fresh air.

- See "Managing COVID-19 Stress, Anxiety and Depression" handout

Please note: These guidelines may change based on new information and/or changing government health recommendations or regulations.

Thank you for continuing to support your community through these challenging times while also working on flattening the curve.