



### **GUIDELINES FOR VOLUNTEERS COVID-19**

The health and safety of our staff, volunteers, partners and the people we serve are of the utmost concern. Currently, we are asking all volunteers to read the following and should you choose to volunteer at HFHT, we recommend the following guidelines:

**DO NOT** attempt to volunteer if you:

- Are at higher risk for serious illness from COVID-19 because of your age, underlying health condition or serious long-term health condition, or are pregnant. The CDC recommends you stay home and restrict your activities, as does HFHT, if you fall in the above categories.
- You live with or are in frequent contact with people in the higher-risk categories for the virus.
- Experienced symptoms that could be related to COVID-19 in the last 14 days
- Been around anyone who has COVID-19 in the last 14 days
- Traveled to any foreign country, been on a cruise or in an airport in the last 14 days
- Been to an event where more than 10 people were in attendance in the last 14 days

**DO** 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.

**DO** practice universal infection control precautions:

- Stay home when you are sick.
- Practice physical distancing keeping at least 6-8' between yourself and others.
- Wear required face coverings or masks when within 10 feet of others.
- Wash your hands often with soap and water. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue or your elbow.
- Clean and disinfect frequently touched objects and surfaces with CDC recommended cleaning and sanitizing agents.

**DO** make sure you are informed of any additional safety precautions being taken by HFHT prior to your arrival.

**DO** clean/sanitize any used spaces thoroughly before and after use, including tabletop surfaces and door knobs/handles, hand and power tools, walkie-talkies, computer/IPAD keyboards etc.

**DO** use proper Personal Protective Equipment (PPE) as required for the task.

**DO** consider providing your own tools, gloves, face covers if available. HFHT can provide disposable masks and gloves if needed. \*\*\*HFHT can also provide necessary tools/equipment to perform a job as long as universal infection controls are practiced.

**DO** expect that shifts or opportunities may be cancelled; especially volunteer opportunities working with the vulnerable populations. Please be gracious and understanding.

**DO** contact your staff lead and/or Volunteer Resources if you feel ill or have developed a fever so we are aware and can take action as needed.

**DO NOT** return to Habitat until the criteria to [discontinue home isolation](#) are met and you've made contact with Volunteer Resources prior.

**DO** allow for extra time for additional screening from HFHT to make sure you are cleared to volunteer for a task.

**DO** regularly refer to the CDC's website for information and updates on COVID-19.

**DO** regularly refer to HFHT's website for updates and information regarding changes to business or volunteer opportunities.

***Face Coverings:***

The CDC provides video and written tutorials for those that prefer to make their own cloth face covering, which should:

- fit snugly but comfortably against the side of the face covering the nose and mouth
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

***Conditions to return to work after quarantine:***

Volunteers with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:

- If you will not have a test to determine if you are still contagious, you can leave home after these three things have happened:
  - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND
  - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
  - at least 7 days have passed since your symptoms first appeared.
- If you will be tested to determine if you are still contagious, you can leave home after these three things have happened:
  - You no longer have a fever (without the use medicine that reduces fevers) AND
  - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
  - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.
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Note: See <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html> for the latest information.