

COVID-19 Guidelines for volunteers and volunteer organizations

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 agencies. Here are general guidelines for volunteers:

Before you volunteer -

DO NOT attempt to volunteer if you have any of the symptoms identified by the Centers for Disease Control and the Department of Health. Please review them at <https://www.doh.wa.gov/Emergencies/Coronavirus>.

DO check up to date information on COVID-19. Shelter-in-place and other safety measures change often. Check <https://sf.gov/topics/coronavirus-covid-19> before your volunteer assignment to see if your local rules have changed.

DO NOT show up to volunteer for any activity without confirming there's an activity need, that the activity will take place, and that the group needs volunteer support.

DO NOT volunteer if you live with or are in frequent contact with people in higher-risk categories for the virus.

DO ask about any risk that may be associated with the task and

DO NOT take part if you feel uncomfortable with the risk level.

During your volunteer assignment:

DO practice universal infection control precautions:

- Clean and wash your hands for a minimum of 20 seconds before, during, and after volunteering.
- Avoid physical contact with others and maintain a social distance of six feet.
- Cover your cough and sneezes with your elbow or a tissue.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

DO call ahead to the service agency and ask if you should take any additional safety precautions before, during and after the shift.

DO give yourself extra time for the volunteer organizations or agencies to screen you and clear you to volunteer.

DO follow the organization's direction to clean all spaces thoroughly before and after use, including table surfaces and door-knobs/handles.

DO use proper personal protective equipment the organization offers you to complete the task.

VOLUNTEER ORGANIZATIONS AND RESOURCES

VolunteerMatch – COVID 19 specific opportunities

<https://www.volunteermatch.org/covid19>

City Emergency Response Volunteers (CERV) program – matching individual volunteers with homebound neighbors

<https://sf.gov/be-emergency-volunteer>

TogetherSF - brings together volunteers to support neighbors in need

<https://www.togethersf.org>

HandsOn Bay Area – short list of organizations looking for volunteers

<https://www.handsonbayarea.org/covid19>