

Guidelines for Volunteers During COVID-19 Outbreak in Iowa

The Volunteer Center of Cedar Valley recognizes the need to remain connected to our community through service. During this unique and difficult time we are all facing, we'll continue to be the place for volunteerism in the Cedar Valley and share ways that our community can connect to volunteer opportunities related to COVID-19. However, all volunteer activities should adhere to critical health and safety protocols in order to

- Protect Volunteers
- Protect Residents
- Protect Clients
- Protect Service Agencies

General Guidelines for Volunteers:

DO NOT attempt to volunteer if you have:

- 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 in the last 14 days
- Been on a cruise or been 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
- Visit the CDC [website](#) for updated information

DO NOT show up to volunteer for any activity without confirming that there is a need for the activity, that it will be conducted, and that volunteer support is needed and expected.

DO NOT consider volunteering if you live with or are in frequent contact with people in the 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 are uncomfortable with the level of risk.

DO practice universal infection control precautions.

- Clean and wash your hands before, during, and after volunteering for a minimum of 20 seconds.
- Avoid physical contact with others and maintain a social distance of 6 feet.
- Cover your cough and sneezes with your elbow or tissue.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

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

DO allow for extra time for additional screening from volunteer organizations or agencies to make sure you are cleared to volunteer for the task.

DO clean any used spaces thoroughly before and after, including table top surfaces and door knobs/handles.

DO use proper Personal Protective Equipment (PPE) such as a fabric mask.

DO maintain the social distancing of 6ft apart ESPECIALLY when interacting with general public through meal pickups and deliveries.

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

DO register your capabilities and availability or find volunteer opportunities that may be available in your area.