

COVID-19 VOLUNTEER INFORMATION

[COVID-19 Fast Fact Sheet](#)

Author: Centers for Disease Control and Prevention

[Interim Guidance for Community- and Faith- Based Organizations to Plan, Prepare, and Respond to Covid-19](#)

Author: Centers For Disease Control and Prevention

Critical Points:

- Develop (or review) and implement emergency operation policies and procedures
 - This might include remote volunteering, limiting volunteer shifts, or temporarily pausing some volunteer programs
- Reinforce healthy hygiene habits
 - Especially [hand-washing](#) and maintaining physical distance from others
- Provide volunteers with a donation site that helps them to stay safe (through maintaining safe physical and washing their hands)
- Gatherings should not be more than 10 individuals and, when possible, gatherings should be held remotely.
- Routinely clean (at least once a day) the workplace/volunteer site; clean more often frequently-touched surfaces (doorknobs, pens, keyboards, etc)
 - [CDC Guidance on Facility Cleaning](#)

[Guidance for Preparing Workplaces for Covid-19](#)

Author: Occupational Safety and Health Administration

Critical Points:

- Covid-19 is spread mainly through two means: people in close contact (within 6 feet) and respiratory droplets (produced when someone coughs or sneezes)
 - It may be possible that Covid-19 is spread when someone touches an infected surface and then touches their mouth, nose, or eyes. However, this is not considered the primary way the virus spreads.
 - [CDC Explanation of how Covid-19 spreads](#)
- Ensure staff and volunteers can work remotely or take time off, especially if they are experiencing Covid-19 symptoms or have come in contact with someone who has tested positive

[Utah Governor's Stay at Home Directive](#)

Author: State of Utah

- Read the [Frequently Asked Questions](#)
- As much as possible, volunteers and staff should work remotely and meetings should be held remotely
- For volunteers and staff that cannot work from home, implement best practices from the CDC

[How Long Can Covid-19 Live on Surfaces?](#)

Author: John Hopkins University

Critical Points:

- New England Journal of Medicine published a study that Covid-19 could survive on surfaces for up to 2-3 days (depending on the surface):
 - In the air: Up to 3 hours
 - On plastics: Up to 3 days
 - On cardboard: Up to 1 day
 - Stainless steel: Up to 2 days

If hand-washing is not an option:

- Bring your own water and soap for volunteers to use
- Use hand sanitizer, if available
- Wear gloves and masks, if available
- Clean and disinfect frequently-used surfaces often
- Avoid touching face (especially eyes, mouth, and nose)

VOLUNTEER DO AND DON'T LIST

DO

Continue to volunteer, especially if remote volunteer opportunities exist
Maintain a physical distance of at least 6 feet from those around you
Wash your hands frequently with soap and warm water (if soap isn't available, use hand sanitizer)
Call before you volunteer, and ask about any special health precautions
Wear a mask (and other personal protective equipment), if possible
Clean any commonly used surfaces (like pens and doorknobs)

DON'T

Volunteer in person if you've had any Covid-19 symptoms in the last 14 days (such as fever, cough, or shortness of breath)
Volunteer in person if you've had any contact with someone who tested positive for Covid-19 in the last 14 days
Volunteer in person if you are a member of a high-risk health group
Volunteer in person if you are in frequent contact with a member of a high-risk health group
Gather in groups larger than 10 individuals