



## VOLUNTEER COVID-19 GUIDELINES

### **Before you volunteer:**

1. Please take your temperature *before* coming to volunteer. If it is 99.5 or below you may come in. If it is higher, please do not come in. Please notify your volunteer coordinator.
2. Based on recent changes to the City of Winston-Salem masking mandate, starting March 1 masks will be optional for fully vaccinated volunteers. Properly worn face coverings are still required for volunteers who are not fully vaccinated against COVID-19.
3. If you are delivering Meals-on-Wheels, social distancing will still be in place in the Shorefair Pick-Up room, with a maximum of 8 volunteers admitted at one time. Practicing social distancing where possible, sanitizing between stops, and wearing masks when delivering is still encouraged.
4. If you are volunteering in the office please stay in your designated volunteer service area and try to remain 6 feet apart from staff and other volunteers.
5. If you are volunteering in a shared space please note there is still a limit to the number of people allowed in the common areas, such as the kitchen and break room. The allowed number is posted in each area.
6. Frequent *use of hand sanitizer or hand washing for 20 seconds* is strongly encouraged and recommended between any interactions. Please bring hand sanitizer if you have it. We will make hand sanitizer available, as well.

### **Do not volunteer if:**

1. You have traveled outside of our immediate area by public transportation, such as plane or train. You may volunteer if you have been back for at least 72 hours with no cough, fever or other COVID-like symptoms.
2. If you have been diagnosed with COVID-19 in the past 14 days or have had close contact in the last 14 days with someone diagnosed with COVID-19 or if any health department has been in contact with you and advised you to quarantine.
3. If you have any of the following symptoms please call your volunteer coordinator, stay at home and away from other people, and call your health care provider.
  - Fever
  - Chills
  - Shortness of breath or difficulty breathing
  - New cough
  - New loss or taste or smell

If you have any questions or concerns about volunteering please feel free to contact, Britnee Tellez at 336-721-3411 (btellez@seniorservicesinc.org), or the designated volunteer coordinator for your program.