



VOLUNTEER COVID-19 GUIDELINES

Senior Services takes COVID seriously and puts every measure possible in place to limit risk to volunteers, to seniors we serve, and to staff. Keep in mind that the older adults we serve in our programs are especially vulnerable to severe effects from COVID. Please take a look at these general guidelines to help you stay safe while volunteering with our agency. If you have questions or would like additional information about our safety measures please reach out to your volunteer coordinator.

Before you volunteer:

1. Please monitor yourself for symptoms and take your temperature *before* coming to volunteer.
 - If you have cold-like symptoms, are feeling anything less than 100% well, or any of the following symptoms please call your volunteer coordinator before reporting for service:
 - Fever
 - Chills
 - Sore throat
 - Headache, sinus pressure
 - Shortness of breath or difficulty breathing
 - New cough
 - New loss or taste or smell
 - If your temperature is 99.5 or below you may come in. If it is higher, please do not come in. Please notify your volunteer coordinator.
2. **Do not volunteer if:** you have been diagnosed with COVID-19 in the past 7 days or have had close contact in the last 7 days with someone diagnosed with COVID-19 or if any health department has been in contact with you and advised you to quarantine.

Program Specific Information and Notes:

Meals-on-Wheels

- If you are delivering Meals-on-Wheels please remember the following suggestions: practice social distancing where possible, sanitizing between stops, and wearing masks when delivering.
- In the pick-up room where many people are coming together to collect meals, remember to maintain social distance and wear your mask as needed to protect yourselves and others.

Administrative

- 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. Pay close attention to the posted signage regarding masking recommendations and requirements.
- 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.
- 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.

Williams Adult Day Center

- Volunteers must be fully vaccinated to serve at the Williams Adult Day Center.
- Masks must be worn at all times while volunteering at the Williams Center
- Staff, participants and volunteers at the Williams Center participate in periodic rapid COVID testing prior to entry.