



VOLUNTEER COVID-19 SCREENING CHECKLIST

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. If you are volunteering in the office please stay in your designated volunteer service area
3. When coming into contact with other volunteers, staff, or participants do your best to maintain your social distance *of at least 6 feet*.
4. If you are volunteering in a shared space please note there is 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.
5. 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.
6. *Masks or face coverings* should be worn in the building when social distancing of 6 or more feet cannot be maintained. *Masks* should also be worn anytime you are delivering meals, and/or visiting with participants even from a distance. If you need a mask Senior Services can provide one. Please let a staff person know you will need one before you plan to volunteer.

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 part of a group of more than 10 people and have been unable to maintain social distancing for more than 10 minutes. You may return if you have been back for at least 72 hours with no cough, fever or other COVID-like symptoms.
3. If you 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. You may return if you have no fever for at least 72 hours since recovery without the aid of medication, AND other symptoms have improved (e.g. coughing, shortness of breath) AND at least 10 days have passed since your first symptoms.
4. If you have had indirect exposure, meaning you were in close contact with someone, who was in close contact with someone who has tested positive for COVID-19. This could also mean a close contact is exhibiting symptoms or has been tested for COVID-19 and is awaiting results. You can volunteer after waiting for at least 72 hours without

symptoms. If you have a close contact who is being tested, stay aware of any test results from your close contact and do not volunteer until results are received.

5. 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 of taste or smell

If you have any questions or concerns about volunteering please feel free to contact me, Holly Beck at 336-721-3411 or by email at hbeck@seniorservicesinc.org or your volunteer Coordinator.