General COVID-19 Volunteer Screening and Guidelines:

We are accepting volunteers that are healthy, that have not been sick or not been around anyone who’s been sick, anybody that doesn’t live with an elderly person, and who has not travelled into or out of state or in or out of a COVID-19 cluster area (Allegheny, Bucks, Chester, Delaware, Monroe, Montgomery, and Philadelphia) within the last 15 days **and** who is willing to adhere to CDC safety guidelines.

* All external leaders of volunteer groups will receive advance COVID-19 instructions prior to their scheduled visits and all volunteers will hear a COVID-19 statement at the beginning of each session.
* All volunteers must**sign a waiver**affirming that they have not exhibited any symptoms within the past 15 days, or been in contact with someone who has. Volunteers must sign the waiver given to them by our staff.
* Volunteer coordinators will monitor for visible signs of any illness (though symptoms of illness do not always present visibly) and graciously require impacted volunteers to exit to ensure group safety.
* Volunteer group sizes will be optimized to ensure appropriate physical distancing, with no group exceeding 10 volunteers.
* All volunteers must wash their hands for at least 20 seconds before beginning their shift.
* Additional hand sanitizer dispensers will be placed in several areas for use during their project.
* Any volunteer who steps away from the line must re-wash their hands before resuming.
* Gloves will be required for any produce packing projects.

For organizations that serve high-risk communities, cancel gatherings of more than 10 people and stagger access to support services.

Updated 3/23/2020 per PA Dept. of Health Guidelines

**Help Stop the Spread COVID-19 PA Dept. of Health Guidance**

**Wash Your Hands**

Washing your hands is one of the most important steps you can take in staying healthy. When you wash, make sure you:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them. Washing hands with soap and water is the best way to get rid of germs in most situations.

If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. ***Soap and water is the first choice!***

**Cough or Sneeze**

* Cough or sneeze into your elbow or tissue so your mouth and nose are covered. Then go wash your hands. It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
* You may choose to use the gloves we provide when handling food or serving clients. If you use gloves, please discard them after your shift. Do not save them.

**Touch**

* Avoid touching your nose, eyes, and mouth.
* Greet others with a wave and avoid shaking hands.

**Practice Social Distancing**

* Keep at least 6 feet between you and others if you must go out
* Keep groups to 10 or less
* Avoid using mass transit

**Know the Facts**

Things that are not helpful or effective:

* Associating COVID-19 with or avoiding a specific population or nationality.
* Wearing a mask if you are not sick.
* Stay home if you are sick.

Internal Guidance:

Wipe down and clean public spaces after each distribution. Add

to the post-distribution cleaning procedures including wiping down frequently touched items like doorknobs, handrails, toilet handles, elevator buttons and rails, etc.