



## GENERAL GUIDELINES FOR ANNE ARUNDEL COUNTY COVID-19 VOLUNTEERS

(NOTE: HEALTHCARE AND PUBLIC SAFETY VOLUNTEERS HAVE ADDITIONAL PRECAUTIONS)

### SHOULD I VOLUNTEER?

- While everyone wants to help their community in an emergency, this is a very different “natural disaster”. The safest plan (**and now the law**) is to stay home, taking care of your loved ones.
- If you are in a high-risk group – age 65 or over and/or have a pre-existing medical condition, please consider volunteering by phone, email, or social media from the safety of your home.
- Please carefully consider volunteering if you live with or are in frequent contact with people in the higher-risk categories for the virus.
- Ask about any risk that may be associated with a volunteer opportunity and do not take part if you are uncomfortable with the level of risk.
- If you are not at a higher-risk and want to volunteer, the current restrictions permit it. First, please visit the **County COVID-19 Volunteer Frequently Asked Questions** at: <https://www.aacounty.org/coronavirus/volunteer>
- Consider supporting the existing volunteer activities sponsored by a house of worship, civic group, or company of which you are a member.
- You can also join an organized disaster support volunteer group to receive appropriate training and safe leadership. <https://mdvoad.communityos.org/cms/membership>
- If you are not sure what volunteer opportunities may be available, contact the Anne Arundel County Emergency Operations Center at [eoc@aacounty.org](mailto:eoc@aacounty.org)

### PLAN AHEAD

- This is a unique, fluid situation. Expect that volunteer opportunities or shifts may be cancelled; especially volunteer opportunities working with the vulnerable populations. Please be gracious and understanding.
- Carefully plan-ahead as a group. Limit exposure (and inconvenience) and make sure your volunteer activity is actually needed and expected, that it will be conducted as planned, and that it is coordinated and not duplicative of another similar effort.
- Coordinate volunteer activities in advance by using email, social media, conference calls, etc.
- Make sure all volunteers understand any risks associated with the tasks you would like them to do and understand if they are not comfortable with that level of risk.

### FOLLOW UNIVERSAL HEALTH PRECAUTIONS

- Maintain social distancing of six feet separation between team members and with the public.
- Do not shake hands or have close personal contact with volunteers or citizens.
- Avoid touching your eyes, nose, and mouth.
- Cover coughs and sneezes.
- Wash hands frequently with a soap and water lather (or hand sanitizer of 60%+ alcohol).
  - Thoroughly wash hands for 20 or more seconds (Sing “Happy Birthday” twice).
- Do not share personal items (cell phones, food, water bottles, etc).
- Use sanitizer/wipes to clean common use items (computers, phones, etc).
- Wear latex or work gloves if handling donations from the public.

## SITE PREPARATIONS

- Clean and sanitize gathering spaces or meal distribution sites regularly. Dispose of cleaning materials properly and contain any potentially contaminated materials.
- Clean any used common spaces thoroughly before and after, including desks, tabletop surfaces, and door knobs/handles.
- Please do not compete in the market for scarce supplies that healthcare organizations and emergency providers need every day to perform their duties.
- Personal Protective Equipment - PPE (masks, gowns, eye protection) is not required unless volunteering in a public health or fire/rescue/EMS position (follow guidance from the professionals you are supporting)

## VOLUNTEER ACTIVITIES

- Avoid public transportation and limit carpools/vanpools to four people or less.
- Operate in functional Teams of ten individuals or less, in accordance with State direction:
  - Each team should have a designated Team Leader and Assistant Team Leader.
  - Consider exactly what functions are really required, to keep numbers down.
  - Use the ‘buddy system’ to keep a safe eye on each other.
  - Teams may operate safely outdoors or in a common facility with enough space for social distancing.
- For food pantry distribution/delivery:
  - Donation drop-offs are handled as **stop-drop-depart** with minimum interaction.
  - Goods to food pantries and individual households should be bagged to ease delivery and reduce contamination.
  - For people receiving items or meals from a distribution point, chalk or tape a line on the ground to remind people to keep at least a 6ft distance until being served.
  - Reinforce a six foot space separation (the width of two outstretched arms).
  - People who are running food pantries or serving meals must maintain at least 6ft separation if possible, use gloves, and wash hands frequently.
  - Call ahead to the food pantry or family you are supporting, if possible, before delivery
    - Ensure they are ready to receive a delivery.
  - Donation deliveries are handled as **stop-drop-depart** with minimum interaction.
    - Set meals or supplies on the doorstep. Greet and hold a brief conversation from 6ft safe distance to protect seniors and homebound vulnerable people.

## IF YOU FEEL SICK

- If you feel ill, protect your teammates and do not volunteer.
- Stay home if you are sick or are quarantined. You still may be able to help with phone, email, and social media.
- If you get sick while volunteering, notify your Team Leader and leave the site immediately. Contact your healthcare provider.
- If in doubt, seek guidance from your healthcare provider or call the **Anne Arundel County COVID-19 Information Line** at **410-222-7256**.