



While Volunteering

Out of an abundance of caution we are following these guidelines to limit the risks associated with COVID -19. **DO NOT GO TO A VOLUNTEER SITE IN THE COMMUNITY IF:**

1. You have had contact with anyone with confirmed COVID-19 in the last 14 days.
2. You are at increased risk for COVID due to a: heart condition, lung disease, liver disease, kidney disease, asthma, diabetes, being immunocompromised (including cancer treatments and organ transplant) or any other health condition that puts you at risk.
3. You are a caregiver for a person who has increased risk.
4. You have had any COVID-19 symptoms in the last 10 days (symptom list on next page).
5. You have traveled outside of Maine in the last 14 days.

While in the Community:



- Leave your volunteer site if you begin to feel ill.
- Wash or sanitize your hands upon entering the volunteer site.
- Try to maintain physical distancing of at least 6-feet between people.
- Bring your own personal supplies with you if you can. Think about what you may need while you are out and plan ahead. Ideas include: a face covering, water bottle, protective gloves, or hand sanitizer.

Please do your best to follow these safety protocols while volunteering. Keep in mind that every setting is unique and we can all work together to make accommodations to maintain physical distancing while still working together.

Volunteer Self-Screening Tool

Use the below list as a guide to determine if you are well enough to volunteer (you should answer “no” to all questions):

- Do I have a fever/chills or do I feel feverish?
- Do I have a new cough?
- Do I have shortness of breath or difficulty breathing?
- Do I have a sore throat?
- Do I have body aches?
- Do I have an abnormal or unusual headache?
- Do I feel excessively tired/fatigued?
- Have I noticed a new loss of taste or smell?
- Do I have congestion or a runny nose?
- Am I nauseous or vomiting?
- Do I have diarrhea?

