

Volunteering During the Pandemic

Best Practices

Do not volunteer if you have symptoms of a cold or are coughing, or live with someone experiencing these symptoms.

Wash your hands before and after every task you perform.

Keep required 6 feet distance to everyone you encounter, especially the people you're helping, but also other volunteers.

Do not touch your face or other people, especially the person you are helping.

Cough or sneeze into your elbow or into a tissue that you dispose of immediately.

If possible, use hand sanitizer before and after touching anything that may then come into contact with the person you are helping.

Be aware of the World Health Organization guidelines on when and how to use gloves and a facemask, as improper use can increase the risk of spreading the virus.

For more information on COVID-19:

www.who.int

www.cdc.gov

www.healthvermont.gov



United Way of Addison County