

Guidance For Non-clinical Volunteers

Before Volunteering:

- **Pack a “go-bag”**

Include personal items you might need during your shift such as phone charger, snacks, water, weather appropriate attire, medications, etc

- **Get up to date information on COVID-19:**

Montgomery County Government:

<https://montgomerycountymd.gov/HHS/RightNav/Coronavirus>

Maryland Department of Health

<https://coronavirus.maryland.gov/>

CDC

<https://www.cdc.gov/coronavirus/2019-ncov>

When Volunteering, be sure to practice preventive measures to stay healthy:

- Stay home when sick
- Practice social distancing
- Wash your hands or use hand sanitizer frequently, avoid touching your face
- Clean frequently touched surfaces daily
- Be aware of emergency operations, communications, and fire/safety plans for your volunteer site and adhere to the most current government restrictions and CDC guidance

If you are an individual at higher risk:

Know what additional measures those at [higher risk](#) (Older adults and people who have serious chronic medical conditions like heart disease, diabetes, lung disease, or other disease conditions that increase vulnerability to severe disease)

If you are an individual with higher risk, do not volunteer in setting that may involve close physical contact with the public. Administrative or support functions may be appropriate for older individuals who want to be part of the response.

How to be a Good Neighbor During COVID 19:

During an outbreak in your community, protect yourself and others by:

- Staying home from work, school, and all activities when you are [sick with COVID-19 symptoms](#), which may include fever, cough, and difficulty breathing.
- Keeping away from others who are sick.
- Limiting close contact with others as much as possible (about 6 feet).
- Call, email, or text your neighbors who may need help
- If they are in need of immediate emergency care call 911!
- Limit your help to non- contact activities, for example:
 - Leave groceries on the door step (Do not enter their house)
 - Make sure to thoroughly wash your hands before touching anything you deliver to them
 - To promote social interactions and combat loneliness, speak with neighbors on the phone or video calling (versus going into their homes) on a regular basis
 - Conduct research on their needs and provide them with resources or connect them directly with help such as feeding, transportation to medical appointments, animal services, etc.
 - Alert authorities if you think that a neighbor is in danger
 - Do not act on your own
- Create an online network for your community
- ***Remember- protect yourself first! Do not put yourself or others at risk!***