



Safe Volunteering in the Community

COVID-19 Relief

1. Rely on updates and instructions from the [Center for Disease Control](#).
2. Wear face masks to avoid possibly exposing the community members at the site as well as from possibly exposing yourself.
3. Ask for face masks and hand sanitizer in advance of arrival; or better yet, bring your own!
4. If showing signs of illness, do **not** volunteer.
 - a. Fever of 100.4 or higher
 - b. Shortness of breath
 - c. Persistent dry cough
 - d. Excessive Fatigue (CDC)
 - e. Sore throat (CDC)
 - f. New loss of taste or smell (CDC)
 - g. Muscle aches/pain, or chills (CDC)
 - h. Headache (CDC)
 - i. Diarrhea (3 in 8 hours) (WHO)
 - j. Vomiting (CDC)
 - k. Conjunctivitis (WHO)
 - l. Rash on skin/discoloration of fingers or toes (WHO)
5. If recently in contact with anyone showing signs of illness, do **not** volunteer.
6. Read the health and safety policies of the community site.
7. Read your volunteer position description clearly to understand your specific tasks.
8. Overall, maintain 6-feet of distance from those around you.
9. Drop-off face masks, hand sanitizer, and other vital materials at designated site. Visit **United Way of Dane County's** [VolunteerYourTime.org](#) or (608) 246-4380 for more information.