COVID-19 FEEDING VOLUNTEER
Safety Tips

1) Do not volunteer if you feel sick, or within the past 14 days have been around people who are sick, visited an area where COVID-19 was widespread, or are not practicing social distancing on a daily basis.

2) Go clean so you do not infect anyone else, just in case.

3) Wear washable clothes.

4) Wear a mask over your face (nose and mouth).
   a. CDC has simple instructions for users of every skill level, but the T-Shirt face covering offers minimal protection compared to the other two methods.
   b. New York Times has an easy to follow guide to sewing a mask:
   c. The Huffington Post has multiple effective no-sew instructions, but Tutorial 3 will provide the greatest overall respiratory protection.
      https://www.huffpost.com/entry/how-to-make-face-mask-from-fabric-covid-19_1_5e834a20c5b62dd9f5d628e8
   d. Johns Hopkins has an easy to follow sewn mask guide.

5) Take gloves just in case the host nonprofit is out.

6) Bring your own pen to sign-in in case this is required.

7) Stay 6 feet away from everyone in line, in the office, during volunteer shift.
   a. Social distancing. https://www.youtube.com/watch?v=XjfCeY4D2QI#action=share

8) Wash your hands for 20+ seconds.

9) Put on food grade gloves.

10) Repeat washing and gloving sequence periodically.

11) Do not touch your face and if you do, repeat washing and re-gloving.

12) Make sure work area is cleaned every 30 minutes.

13) Stay 6 feet away from everyone.
   a. Social distancing parody.
      https://www.youtube.com/watch?v=XjfCeY4D2QI#action=share

14) If needing to provide a box of food to someone during packing or loading, put it down on a raised surface and back away so they can pick it up safely.

15) When possible, deposit food into a trunk and close it.

16) If the trunk is open to the rest of the vehicle or if no trunk is available, put the food down on a raised service and back away so the recipient can retrieve it.

17) Make sure signs are available to instruct volunteers and recipients about safety procedures. If not, volunteer to make them for the organization.

18) When you leave, throw away gloves and wash hands.

19) When you get home, go straight to washing machine with clothes and shower to minimize any possible contamination with those in your home.