

Your Volunteer Health Guide

Healthy Volunteers are Happy Volunteers

KEEP YOUR WORKSPACE CLEAN

Sanitize your workspace constantly using household cleaning items such as disinfecting wipes and sprays. There is an approved CDC list.



WASH YOUR HANDS

Wash your hands thoroughly for 20 seconds with warm water and soap. You can also sanitize your hands using an alcohol-based sanitizer and make sure to rub your hands until dry.



AVOID CROWDS

Limit your events to groups of 10 or less, and practice "physical" distancing. Encourage at-risk and older individuals to stay home.



COVER YOUR COUGH/SNEEZE

Encourage folks to cover coughs/sneezes with their inner elbow or a tissue. Sanitize your hands immediately after sneezing and coughing.



AVOID SHAKING HANDS

Greet others by waving or use verbal greetings like "whaaatup!". Outer elbows can be used but be cautious since the area is near where coughs and sneezes are covered. We believe a fun "foot tap" to say hello is a better option! Remember, during these times, it's better to be 6ft away from another person and greet them verbally or waving from a distance.



FOR MORE INFORMATION, VISIT [HTTPS://WWW.CDC.GOV/CORONAVIRUS/](https://www.cdc.gov/coronavirus/)



These tips were provided by the CDC, they are not meant to be legal advice. Please keep volunteer health and safety in mind at all times.