

# Volunteering Safely During COVID-19

## ARE YOU WELL ENOUGH TO VOLUNTEER?

First and foremost, prioritizing your safety and limiting the spread of the coronavirus is the main priority. We continue to encourage you to adhere to the latest [CDC CORONAVIRUS GUIDELINES](#) on how best to avoid COVID-19, both in the work environment and at home. If you are feeling unwell or are in one of the at-risk categories, please prioritize your own well-being and do not volunteer outside of your home.

Additional details and preventive steps to take against COVID-19 can be found online at: [MS DEPT OF HEALTH](#)

### I want to volunteer but I don't want to put myself or anyone else at risk.

Your safety should be your number one priority and our collective aim should be to limit the spread of COVID-19. If you are volunteering with an organization, make sure that they have proper procedures and safeguards in place to protect you while you carry out your role, including a named supervisor you can go to. Don't be afraid to ask about this upfront before taking on any job.

If you are volunteering more informally at a neighborhood level, perhaps by checking in on an elderly neighbor, follow CDC instructions on how to avoid the spread of COVID-19. Even though you want to help, it is important not to put any vulnerable person at risk.

### Follow these simple steps:

## STEPS TO SAFE VOLUNTEERING

- 1** If you are offering to help someone in your community, especially someone you don't know, consider dropping a note in their mailbox with your name and phone number to let them know you are there to help.
- 2** Do not come to a vulnerable person's home unannounced - it could cause undue stress and worry for the person.
- 3** Be prepared that they might not want/need your offer of help at this time and don't be disheartened.
- 4** If someone has asked you to help them, do not enter their home unless absolutely necessary. If you are dropping off shopping or a prescription, simply call and let them know that you are at their door. Remember to practice social distancing, keeping a space of 6 feet between you and the person.
- 5** Always follow CDC guidelines around hand washing, sneezing/coughing into your arm or a tissue and practicing social distancing.
- 6** If you have any symptoms of illness at all, do not interact with any vulnerable members of your community.

To find volunteer opportunities go to:  
[WWW.MSHUBNETWORK.COM](http://WWW.MSHUBNETWORK.COM)  
CLICK: FIND A HUB NEAR YOU!



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