Health Guidelines for Food Security Response
Organizations & Volunteers

“The best way to prevent illness is to avoid being exposed to this virus.”
-Centers for Disease Control

For organizations providing services during COVID-19 Closures, protect your team, clients and volunteers by following these guidelines for organizing volunteer logistics, running volunteer shifts, and recruiting volunteers.

During organizing volunteer shift logistics remember to:

- Keep gatherings for meetings or business to 10 people or less. Ideally 5 people or less
- Remove points of contact between volunteers and clients when possible (drive thru, pickups, deliveries)
- Keep a list of the volunteers for each shift, including the date and time they arrived/departed and phone number
- Aim to have a consistent volunteer staff instead of multiple different volunteers
- Send reminders and require volunteers to check their temperature at home prior to showing-up to volunteer. If possible, acquire and distribute thermometers to key staff for on-site temperature taking before shift.

During food distribution volunteer shifts remember to:

- Before beginning distribution, between clients, and at the end of distribution, clean all touched surfaces with a disinfecting wipe or water and bleach solution
- Create spaces that allow for social distancing of 6 ft at all times (i.e. duct tape on the floor, large spaces, open doors and windows, go outside if possible)
- Use gloves when handling food and wear a face mask/covering.

These guidelines were compiled by the Charlottesville Food Justice Network and informed by Thomas Jefferson Health District and Center for Disease Control.
Ensure volunteers wash hands for 20 seconds before and after food prep. If hand washing is not possible, use hand sanitizer with at least 60% alcohol.

Avoid touching eyes, nose, and mouth with unwashed hands/during prep

Cover your coughs and sneezes by turning your head away from people and sneezing into the corner of your elbow.

**During recruiting volunteers to support efforts, ask volunteers to:**

- Social distance, instead of volunteering, if in high-risk or potentially exposed categories
  - Self-screen out if high risk: Older adults (65+), immunocompromised or people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.
  - Self-screen out if exposed: Ensure volunteers are familiar with the case definition/risk factors related to travel/contact with someone who has tested positive
  - Self-screen out if sick: If you feel feverish or sick at all, stay at home. Practice precautions by taking your temperature before reporting to volunteer if you can.

**Important Contacts**

- **Virginia Dept of Health COVID-19 Hotline**: 877-ASK-VDH3
- **VDH 24/7 Hotline** (for emergencies only): 866-531-3068
- **Thomas Jefferson Health District Help Line** (for regional health related questions or reports): 434-972-6261, 8:00AM-4:30PM, M-F
- **Cville Community Resource Hotline** (for financial assistance and job security): 434-234-4490
- **To get or give support**: SupportCville.com

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