

## 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