

COVID-19 Guidelines

Have you experienced any of these symptoms in the last 14 days?

- Fever
 - Cough
 - Chills or repeated shaking with chills
 - Headache
 - New loss of taste or smell
 - Shortness of breath
 - Sore throat
 - Joint and Muscle Pain
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Have you been exposed to COVID-19?

- Do you live with, or are you caring for someone who is ill?
 - Exposure to a confirmed COVID-19 patient
 - Travelled to, reside, or work in a setting with community spread of COVID-19? (i.e., retirement or nursing home, jail or prison, etc)
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Volunteers are expected to:

- Stay home when sick, except to get medical care
- Wash their hands frequently with soap and water for at least 20 seconds
- Stay a minimum of 6 feet away from others
- Wear a face mask over their nose and mouth

Avoid:

- Physical contact with others (i.e. handshakes, hugs, etc)
- Tasks that require face-to-face work with others when possible
- Contact with high-touch surfaces such as door handles, counters, trash bins, etc.

**Thank you for keeping
our community safe!**