

# VOLUNTEERING DURING COVID-19

Advice for those who volunteer in  
response to COVID-19>>

## Volunteering during COVID-19

We are seeing an outpouring of support and interest in volunteering during COVID-19. As you begin to seek out opportunities throughout Delaware County, we want to make sure you volunteer in a safe manner. To help us care for one another, we recommend volunteers follow these guidelines:

- Check your temperature before leaving to volunteer to ensure it's no more than 99.4 degrees.
- If you have been around anyone who is sick or if you are high risk or caring for someone who is high risk please do not volunteer
- Carry hand sanitizer
- Use protective gear where appropriate, bring your own if you have it
- Wash your hands before and after volunteering for at least 20 seconds with soap and warm water

Below is additional advice for those who will volunteer in response to COVID-19:

### **Before considering volunteering ask yourself – am I well enough to volunteer?**

Your safety and limiting the spread of the coronavirus is the main priority. Please adhere to the [Ohio Department of Health](#) and [CDC](#) guidelines on how to best avoid Coronavirus (COVID-19) both at work and home.

### **If you are well enough and ready to volunteer there two ways you can help:**

#### **1. [Visit Connections Volunteer Center website for opportunities](#)**

Connections has a list of local nonprofit agencies who are actively seeking and accepting volunteers. Once you identify the opportunity, call the listed contact and make arrangements to participate.

#### **2. [Volunteer informally in your own community](#)**

If you know people in your community who may be vulnerable and can contact them safely (e.g. a phone call, text message, video message or drop a note in their door/mailbox), just let them know that you are available and can assist with shopping, etc.

### **I want to volunteer but don't want to put myself 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 up front before taking on any role. If you are volunteering more informally at the community level, perhaps by checking in on an elderly neighbor, follow the [CDC](#) instructions on avoiding the spread of COVID-19. Even though you want to help it is important not to put any vulnerable person at risk.

### **What if someone asks me to do something I can't actually do?**

In this case, you should let the person know that you cannot help and recommend that the organization in which assigned you may be able to assist in finding a solution.