

COVID-19 GUIDELINES for City of Renton Volunteers

During this national emergency, we understand individuals who are not suffering from the coronavirus may want to help. However, all volunteer activities **must** follow critical Centers for Disease Control (CDC) and State health and safety protocols so we can protect volunteers, participants, and staff.

CONTACT **Teresa Nishi, Volunteer Coordinator**, at 425-430-6694
or Cailín Hunsaker, Parks and Trails Director, at 425-430-6606
or Risk Manager, Kelsey Ternes, 425-430-7669, with any safety concerns.

GUIDELINES

DO NOT attempt to volunteer if you have any of the symptoms identified by the CDC and the Department of Health. Review them at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. As of 5/28/2020, the CDC defines symptoms of COVID-19 as experiencing any of the following within 72 hours:

Mild to severe symptoms* may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms must not go into work spaces, including city vehicles:

- Fever or chills
- Cough
- Fatigue
- Muscle or body aches
- Headache
- Diarrhea
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Shortness of breath or difficulty breathing

***Symptoms for *Known* Reasons**

Sometimes there are known, non-COVID reasons to have one of the following symptoms: headache, cough, congestion or runny nose, diarrhea, or shortness of breath (for example, known allergies, muscle trauma, known lung deficiencies, IBS, headache or cough connected with another diagnosis). If a volunteer has one symptom for a *known* reason, they are not precluded from participating.

Volunteers must not attempt to volunteer if they are otherwise experiencing any of these symptoms in the last 72 hours. Be familiar with CDC symptoms changes per the website above.

DO NOT show up to volunteer for any activity without confirming there is an activity need, that the activity will take place, and that the group needs and expects volunteer support.

DO NOT volunteer if you, someone with whom you live, or someone with whom you are in frequent contact is a "Person Who is At Higher Risk," as defined by the CDC. As of 5/6/2020, "At Higher Risk" is defined as:

- [People 65 years and older](#)
- People who live in a nursing home or long-term care facility
- People of all ages with [underlying medical conditions, particularly if not well controlled](#), including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Visit <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html> to check current 'At Higher Risk' information before volunteering. **DO NOT** volunteer if you fall into these categories.

DO ask about any risk that may be associated with the task and **DO NOT** take part if you feel uncomfortable with the risk level.

DO practice universal infection control precautions:

- Clean and wash your hands for a minimum of 20 seconds before, during, and after volunteering.
- Avoid physical contact with others and maintain a social distance of six feet.
- Cover your cough and sneezes with your elbow or a tissue.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Further guidance can be found at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>. Please familiarize yourself with these protection measures prior to volunteering.

DO call ahead to the City agency and ask if you should take any additional safety precautions before, during and after the shift.

DO give yourself extra time for the volunteer organization or agency to screen you and clear you to volunteer.

DO follow the organization's direction to clean all spaces thoroughly before and after use, including table surfaces and door knobs/handles.

DO use proper personal protective equipment the organization offers you to complete the task(s).

DO practice social distancing (stay at least six (6) feet apart), **especially** when you interact with the general public and deliver items/food or process meal pickups. Please familiarize yourself with the CDC's guidance on Social Distancing at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>.

DO expect that organizations can cancel volunteer shifts or opportunities, especially shifts related to working with vulnerable populations. Please show grace and understanding.