

## **SUGGESTED HEALTH PROTOCOLS FOR SERVICE PROJECTS DURING THE COVID-19 PANDEMIC**

### **1. Buying and delivering food for seniors**

- Do not volunteer for this activity if you are sick or feeling unwell.
- Do not volunteer for this activity if you have chronic, underlying health conditions, or if you reside with someone with chronic, underlying health conditions.
- Don a proper fitting face mask prior to leaving your residence, and wear the mask for the duration of time outside your residence.
- Avoid touching your face, including reaching underneath your face mask.
- Wash your hands with soap and water for at least 20 seconds prior to leaving your residence, prior to handling consumable items, upon returning to your residence, and as frequently as able. If no soap and water are available, use a minimum 60% alcohol-based hand sanitizer.
- Wear proper fitting nitrile or latex gloves when handling consumable items.
- To the best of your ability, maintain at least 6 feet of distance from other people at all times, including other shoppers, grocery store employees, and individuals receiving the donation.

### **2. Donating blood**

- As a potential donor, please check your blood donation agency's list of eligibility requirements and abide by them. For example, please see the Red Cross's requirements: <https://www.redcrossblood.org/donate-blood/how-to-donate/eligibility-requirements.html>
- Many blood donation agencies are enacting their own protocols to ensure donor safety in the wake of the COVID-19 pandemic. For example, please see the Red Cross's safety protocols: <https://www.redcrossblood.org/donate-blood/dlp/coronavirus--covid-19--and-blood-donation.html>
- Don a proper fitting face mask prior to leaving your residence, and wear the mask for the duration of time outside your residence.
- Avoid touching your face, including reaching underneath your face mask.
- Wash your hands with soap and water for at least 20 seconds as frequently as able. If no soap and water are available, use a minimum 60% alcohol-based hand sanitizer.
- To the best of your ability, maintain at least 6 feet of distance from other people at all times, including blood donation workers and other donors.

### **3. Drop off of non-consumable items**

- Do not volunteer for this activity if you are sick or feeling unwell.
- Do not volunteer for this activity if you have chronic, underlying health conditions, or if you reside with someone with chronic, underlying health conditions.
- Don a proper fitting face mask prior to leaving your residence, and wear the mask for the duration of time outside your residence.
- Avoid touching your face, including reaching underneath your face mask.

- Wash your hands with soap and water for at least 20 seconds prior to leaving your residence, upon returning to your residence, and as frequently as able. If no soap and water are available, use a minimum 60% alcohol-based hand sanitizer.
- Wear proper fitting nitrile or latex gloves when handling donation items.
- To the best of your ability, maintain at least 6 feet of distance from other people at all times, including donation site workers and other donors.

#### **4. Block Champions**

- Do not volunteer for this activity if you are sick or feeling unwell.
- Do not volunteer for this activity if you have chronic, underlying health conditions, or if you reside with someone with chronic, underlying health conditions.
- Don a proper fitting face mask prior to leaving your residence, and wear the mask for the duration of time outside your residence.
- Avoid touching your face, including reaching underneath your face mask.
- Wash your hands with soap and water for at least 20 seconds prior to leaving your residence, upon returning to your residence, and as frequently as able. If no soap and water are available, use a minimum 60% alcohol-based hand sanitizer.
- Wear proper fitting nitrile or latex gloves when dropping off fliers.
- To the best of your ability, maintain at least 6 feet of distance from other people at all times, including other Block Champions and neighbors.