



Volunteer NH

Dolloff Building, 4th Floor | 117 Pleasant
Street, Concord NH, 03301
603-271-7200 • Fax 603-271-7203
www.volunteernh.org



Helpful Info for Volunteers and Volunteer Organizations During COVID-19 Outbreak in New Hampshire

During this National Emergency, Granite State citizens are eager find opportunities to help within their communities. In an effort to support volunteerism during these uncertain times, Volunteer NH has gathered this information from the field. While it is not comprehensive, due to the changing day-to-day nature of this health crisis, it can serve as a helpful resource for planning.

The health and safety of our citizens is first and foremost and volunteer activities should adhere to critical agency, state, and federal protocols in order to protect everyone.

For Volunteers:

DO NOT attempt to volunteer if you have:

- Experienced symptoms that could be related to COVID-19 in the last 14 days
- Been around anyone who has COVID-19 in the last 14 days
- Traveled to any foreign country in the last 14 days
- Been on a cruise or been in an airport in the last 14 days
- Been to an event where more than 50 people were in attendance in the last 14 days

DO NOT show up to volunteer for any activity without confirming that there is a need for the activity, that it will be conducted, and that volunteer support is needed and expected.

DO NOT consider volunteering if you live with or are in frequent contact with people in the higher-risk categories for the virus.

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

DO practice universal infection control precautions.

- Clean and wash your hands before, during, and after volunteering for a minimum of 20 seconds.



Volunteer NH

Dolloff Building, 4th Floor | 117 Pleasant
Street, Concord NH, 03301
603-271-7200 • Fax 603-271-7203
www.volunteernh.org



- Avoid physical contact with others and maintain a social distance of 6 feet.
- Cover your cough and sneezes with your elbow or tissue.
- If soap and water are not readily 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.

DO call ahead to the service agency and ask if any additional safety precautions should be taken before, during and after the shift.

DO allow for extra time for additional screening from volunteer organizations or agencies to make sure you are cleared to volunteer for the task.

DO clean any used spaces thoroughly before and after, including table top surfaces and door knobs/handles.

DO use proper Personal Protective Equipment (PPE) if needed/provided for the task.

DO maintain the social distancing of 6ft apart ESPECIALLY when interacting with the general public through meal pickups and deliveries. This is critical given the shortage of masks.

DO expect that shifts or opportunities may be cancelled; especially volunteer opportunities working with the vulnerable populations. Please be gracious and understanding.

DO register your capabilities and availability or find volunteer opportunities that may be available in your area.

For Volunteer Organizations:

Realize that traditional services may shift.

Clean and sanitize gathering spaces or meal distribution sites regularly. Dispose of cleaning materials properly and contain any contaminated materials.



Volunteer NH

Dolloff Building, 4th Floor | 117 Pleasant
Street, Concord NH, 03301
603-271-7200 • Fax 603-271-7203
www.volunteernh.org



If congregating is necessary for your task, consult public health partners and exercise extra measures.

Keep a 6-10 foot social distance rules in place during tasks.

Hang posters in facilities with best practices / social distancing / hand washing etc.

Provide sufficient and accessible infection control supplies (e.g. hand-hygiene products, tissues).

Clorox wipes (and receptacles for their disposal) in all locations.

- When in doubt visit [CDC](https://www.cdc.gov) or [New Hampshire Department of Health and Human Services](https://www.nh.gov/health) for recommendations.

For distribution/delivery:

- For people receiving meals from a distribution point, if a line forms there should to be chalk or tape on the ground that reminds people to comply with social distancing. The World Health Organization (WHO) recommends 6ft.
- For people who are giving meals, they also need to find a way to maintain adequate social distancing, use gloves, and wash hands frequently.
- With deliveries, setting meals or supplies on the doorstep and waving and holding conversation from that safe distance to protect the seniors and homebound vulnerable folks is key.

Make sure all volunteers understand any risks associated with the task you would like them to do and that they are comfortable with the service opportunity.

Look for opportunities for volunteers to help remotely.

Screen all volunteers and clients as able and before using them.

- It is highly recommended to do temperature checks as volunteers come in for shift, especially if handling food.
- Consider having an isolation space ready in case anyone shows up with symptoms.

Realize that many volunteers are over age 65 and at a higher risk for contracting the virus.



Volunteer NH

Dolloff Building, 4th Floor | 117 Pleasant
Street, Concord NH, 03301
603-271-7200 • Fax 603-271-7203
www.volunteernh.org



Make sure you have the proper PPE available and make sure you train volunteers on its use before allowing them to do any tasks that require PPE.

For background and the most up-to-date information, please visit the Centers for Disease Control and Prevention Coronavirus Disease website: [HERE](#)

U.S. Department of Health and Human Services:

- Twitter ([here](#))
- Facebook ([here](#))

Centers for Disease Control and Prevention:

- Twitter ([here](#))
- Facebook ([here](#))

New Hampshire Department of Health and Human Services

- Facebook ([here](#))

What you should know:

- [Workplace, School, and Home Guidance](#)
- [People at Risk for Serious Illness from COVID-19](#)
- [How COVID-19 Spreads](#)
- [Symptoms](#)
- [Steps to Prevent Illness](#)
- [Testing](#)
- [Frequently Asked Questions](#)
- [What to Do If You Are Sick with COVID-19](#)
- [Stigma Related to COVID-19](#)
- [What You Need to Know](#)
- [Facts about COVID-19](#)
- [Information for People at Higher Risk and Special Populations](#)
- [Communication Resources](#)

Information for Community Events and Gatherings:

- [Interim Guidance for Mass Gatherings and Large Community Events](#)
- [Interim Guidance for Community- and Faith-Based Organizations](#)
- [Disinfectants for Use Against COVID-19PDF](#)



Volunteer NH

Dolloff Building, 4th Floor | 117 Pleasant

Street, Concord NH, 03301

603-271-7200 • Fax 603-271-7203

www.volunteernh.org



Specific info for NON-PROFITS:

- <https://www.councilofnonprofits.org/trends-policy-issues/the-nonprofit-community-confronts-the-coronavirus>
- [Coronavirus, COVID-19 Resources for Nonprofits](#)