VOLUNTEER SAFELY

Volunteers can safely help their communities by following this guide developed in accordance with the California Department of Public Health’s safety guidelines while volunteering.

- Do not volunteer if you have experienced symptoms related to COVID-19 such as fever, cough, or shortness of breath. Avoid taking risks to keep us all safe.
- Practice cleanliness: disinfect volunteer area’s surfaces regularly. Wash your hands before, during, and after volunteering. You can use hand sanitizer if soap and water are not readily available.
- Maintain physical distance of at least 6 ft between you and others.
- Cover your cough and sneezes with a tissue, if tissues are not available cough and sneeze into your elbow. Avoid touching your face during the volunteer project.
- Inform yourself of safety precautions and procedures before arriving to your volunteer opportunity. Most importantly, remember to follow the California Department of Public Health’s guidelines. Visit www.cdphe.ca.gov/COVID19 for more information.

CaliforniansForAll.ca.gov
#CaliforniansforAll