What does it look like to volunteer during Covid-19?
A lot of people want to be of service to their neighbors, especially people who are at high risk for this disease or those front-line workers who are keeping our community safe and moving. Here are some basic guidelines to help you, your family, and/or your group or organization to make a difference while maintaining safe practices.

I want to volunteer! What can I do?

- If you have any symptoms or may have been exposed to COVID-19, the best way to serve our community is to self-isolate. Refer to CDC guidelines and your doctor for any questions.
- If you are an at-risk person, prioritize your own health and practice social distancing. Opt for volunteer opportunities that can be done from home.
- Visit getconnected.volunteerlubbock.org to see volunteer opportunities and help meet the needs of local nonprofits. Volunteer opportunities will be updated regularly, so check back often!
- Ways you can spread kindness from home include:
  - Donating to individuals and organizations in need. Calling friends and family to check in on them. Offering to deliver groceries or other supplies to homebound people. Be sure to wash your hands well before and after preparation, wear gloves, and/or sanitize packaging if possible.
  - Deliver items so that you are more than 6 feet away and do not make physical contact.
  - Creating engaging opportunities for children in your neighborhood such as sidewalk chalk messages, driveway block parties, or scavenger hunts where individual families look for items that have been placed around the neighborhood (but no touching or getting near other families!).
  - Dropping off a “party in a box” or planning a virtual party for someone whose special celebration has been cancelled.
  - Making cards for elderly or high-risk people who are unable to go out.
  - Mowing lawns or assisting with yard work for people at-risk people in your area.
  - Be creative! Work with others to create opportunities for connection in your community!
- Follow the Volunteer Center on Facebook and Instagram for more ideas about how to safely volunteer during Covid-19!

We need volunteers at our organization. How can we keep our volunteers and staff safe?*

- Health officials are recommending that most people stay home, so carefully evaluate whether or not your service and the need for volunteers is truly essential at this time. If it is, then be sure to screen prospective volunteers carefully and practice appropriate social distancing procedures. If you have questions or concerns about including volunteers at this time, please contact local health officials.
- To screen prospective volunteers, questions to ask include:
  - Have you experienced flu-like symptoms in the past 14 days?
    - Symptoms may include: runny nose, sore throat, cough, fever, difficulty breathing (severe cases)
Have you been out of the country or traveled in the past 14 days?
- Has anyone in your household traveled in the last 14 days?
- Have you come in contact with anyone who has tested positive for COVID-19 or may have COVID-19?
- Some organizations are taking people’s temperatures before allowing them to enter buildings or serve.
- Be sure to have volunteers wash their hands at least before and after serving. Regularly remind volunteers not to touch their faces. Promote regular sanitation of the areas where service takes place and disinfect frequently touched surfaces often.
- Think creatively about how you can utilize volunteers from their homes. How can you use technology to achieve your goals? Are there items that you need that could be collected through a drive? Can people send items in the mail?
- Be thoughtful about your procedures for sanitizing accepted items into your facility as the virus can live on surfaces for a matter of hours or days, depending on the type of surface. (See this article from the National Institute of Health for the latest information as of 3/26/20
- Reach out to the Volunteer Center if you need additional information or help coming up with ways to utilize volunteers during Covid-19. Email Stacy at skelley@volunteerlubbock.org.

*Recommendations on health and safety procedures are updated regularly, so please rely on the latest information from the CDC and local health officials.

I want up to date information on how Covid-19 is affecting Lubbock. Where can I find that?

Here are a few resource pages that give updated information about Covid-19 and available resources in Lubbock:
- City of Lubbock Health Department
- Lubbock Area United Way
  - https://www.liveunitedlubbock.org/covid-19
- Lubbock Chamber of Commerce
  - http://www.lubbockchamber.com/covid-19-info-resources

SPREAD KINDNESS, NOT GERMS!