



March 20, 2020

COVID-19 Guidance for Community Volunteers

Missoula City-County Health Department recommends community volunteers use social distancing and hygiene practices to protect themselves from prevent coronavirus disease 2019 (COVID-19).

Facts for volunteers to consider include:

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.

Who is at higher risk?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
 - Heart disease
 - Diabetes
 - Lung disease

Volunteers at high risk of severe COVID-19 (those who are older or have underlying health conditions) should not be designated as caregivers for sick community members.

Volunteers assisting community members WITHOUT symptoms:

- If possible, maintain a distance of at least 6 feet.
- Practice proper hand hygiene. Wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Do not touch your face with unwashed hands.

If volunteers are accompanying someone to a destination (for example, to a doctor's appointment or government office), they should keep tissues and alcohol-based hand sanitizer on hand. Clean and disinfect surfaces in your vehicle.

Volunteers assisting community members WITH symptoms:

Volunteers should not enter homes of community members with symptoms or transport them.

If volunteers are delivering household groceries or goods, they should leave the materials outside the closed door.

If volunteers are handling community members' belongings, they should use disposable gloves.

Coronavirus Disease (aka COVID-19) is rapidly changing and so does the information available. To stay informed and up-to-date please visit the Missoula Public Health City-County Health Department website at <https://www.missoulacounty.us/government/health/health-department/emergency-preparedness/coronavirus> or the Centers for Disease Control and Prevention (CDC) at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html> for the latest information.