



VOLUNTEER CHECKLIST during COVID-19

Thank you for your willingness to volunteer during these complex and challenging times. The COVID-19 pandemic has necessitated changes to routines and practices to keep volunteers, clients, citizens and staff safe and healthy during volunteering. The following are general guidelines before, during and after volunteering. Practices and protocols to protect staff/volunteers may vary based on the citizen's needs and geography. The following guidelines should be followed.

Make sure you are fit to volunteer:

- If you are feeling unwell, please refrain from volunteering and stay home until fully recovered.
- Have you recently returned from abroad? Follow instructions from public health as well as your local and provincial health authorities.
- Are you a senior citizen and/or suffer from underlying illnesses? Avoid volunteering that involves personal interaction.
- Join on-line volunteering programs from home if possible.

Preparation:

- Avoid traveling by public transportation to volunteering, if possible. Should have a reliable vehicle if volunteering to drop off food, prescriptions etc.
- Volunteers should avoid congregating in groups to put food baskets or packages together and if unavoidable then practice safe distancing measures.
- Volunteers should be working in isolation of other volunteers.
- Come equipped with a personal bottle of hand sanitizer.
- Bring a personal supply of food and drink, if needed, to avoid sharing dishes / food with others.

While you are volunteering:

- Volunteers need to wear face masks at all times when travelling with a partner.
- Volunteers should not enter anyone's home for any reason.
- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
- Use alcohol-based hand sanitizer if soap and water are not available.
- Be sure to keep a distance of at least 2 meters (6.6 feet) between yourself and others.
- Cough or sneeze into a tissue or the bend of your arm, not your hand.
- Dispose of any tissues you have used as soon as possible in a lined waste basket or plastic bag and wash your hands afterwards.
- Avoid touching your eyes, nose, or mouth with unwashed hands.

- Follow recommendations from your public health authority regarding restrictions on gatherings. Avoid shaking hands or any other physical contact.
- Try to avoid using public bathrooms during volunteering.
- If you come across a client who is not feeling well, inform your contact person.
- Avoid direct physical contact with client(s) as much as possible.
- You should leave packages / food or any other provisions at doorsteps.
- If at any point while volunteering you feel uncomfortable, contact your volunteer coordinator and make arrangements to leave.
- It is recommended that you wear face masks if you must go out in public in order to help ensure you don't sneeze or cough on others. There are numerous resources online on how to make your own mask. Cloth masks should be washed frequently.
- If you choose to wear medical grade personal protective equipment (PPE), please ensure you follow proper protocols. Even the best equipment will not be effective if it is not used properly.

Afterwards:

- Inform the volunteer coordinator when departing your volunteer session: let them know how everything went, and if anything worth noting transpired.
- If using your personal vehicle for transportation, wipe down vehicle with the appropriate cleaners, e.g. steering wheel, shifter etc.
- If you feel distressed or need to talk, please contact your volunteer coordinator.
- Take care to rest and refresh. Take on only the tasks that you believe you can handle.
- If you are not feeling well after a few days of volunteering please follow your local public health protocols. Inform your contact person.

Protecting YOUR health protects EVERYONE'S health.

Information is changing rapidly as more data is gathered about COVID-19. To encourage accurate information sharing, please refer to trusted sources including your local public health unit, [Public Health Ontario](#) or the [Public Health Agency of Canada](#).

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If you have COVID-19 related concerns, need help accessing supports, or have questions regarding the **Métis Nation of Ontario's** response to the pandemic please contact:

1-800-263-4889 (toll free) | covidhelp@metisnation.org