



Willing Hands is committed to continuing to serve our neighbors in need with healthy fresh food during the COVID-19 pandemic. Our priority is the health and safety of all community members: staff, volunteers, partners, and food recipients.

Therefore, we expect all staff and volunteers to adhere to new procedures during volunteer events:

IMPORTANT: If you do not feel well, have a cough, fever, loss of taste and smell or any flu-like symptoms, you may not volunteer. If you are recovering from sickness, have recently traveled outside of the Upper Valley, have been in contact with any individuals who have any symptoms described above or are quarantined for exposure to COVID-19, you may not volunteer. Further, if you have not been practicing social distancing outside of your workplace, you may not volunteer at this time. We will ask for confirmation through a series of screening questions when you arrive to volunteer with us.

At home before volunteering:

- **Dress in clean clothes** (this includes all items, like jackets, gloves, hats and scarves).
- **Take your temperature at home to ensure you do not have a fever.** Because individuals' temperatures do vary, anything below 100 F will not be considered a fever.
- **Wash your hands at home before coming to the site in your car.**

When you arrive at the volunteer site:

- **Immediately wash hands with soap and water for at least 20 seconds** - We will provide a portable wash station at each site.
- **Take your temperature again to make sure you do not have a fever** - Willing Hands will provide a touchless thermometer. **Answer screening questions (see page 2).**

During all volunteer activities:

- **Wear rubber gloves (provided by Willing Hands) while handling produce.**
- **Wear a face covering (Willing Hands may be able to provide if you need one).**
- **Use clean tools and supplies (which will also be provided by Willing Hands).**
- **Work at a distance of at least 6 feet from all others at all times.**
- **Throw away gloves and wash hands before departing the volunteer site.**

We are appreciative of all of our volunteers' efforts to keep our community safe and help us continue to provide healthy food to those in need during this very challenging time.

IMPORTANT: If you develop any cold symptoms soon after a volunteer event, please notify the volunteer coordinator ASAP so we can follow-up with others as needed.



When you arrive to volunteer with Willing Hands, we ask that you answer the following:

1. ***In the last 14 days, have you traveled outside your normal daily routine? Yes / No***
2. ***Do you have new or worsening onset of any of the following symptoms? Yes / No
(If Yes, please describe)***
 - ***Fever***
 - ***Cough***
 - ***Shortness of breath***
 - ***Runny nose***
 - ***Sore throat***
 - ***Chills***
 - ***Body aches***
 - ***Fatigue***
 - ***Headache***
 - ***Loss of taste or smell***
 - ***Eye drainage***
 - ***Congestion***
3. ***Was your temperature over 100.4°F or 38°C before coming to work/volunteer today?
Yes / No***
4. ***Have you been exposed to someone being tested for COVID-19 or who has
symptoms compatible with COVID-19? Yes / No If yes, date of last time you had
contact? _____***
5. ***Are any members of your household or any close contacts currently in quarantine
for exposure to COVID-19? Yes / No***
6. ***In the past 14 days, have you been practicing social/ physical distancing when
outside your home? Yes / No***

If you answer “yes” to any of the questions 1-5, or “no” to question 6, we ask that you return home and not work / volunteer at this time. This is for everyone’s safety and we appreciate your support and understanding.