



## Blue Mountain Region Long Term Recovery Group

# COVID-19 Volunteer Awareness

Volunteers are asked to read and sign this **COVID-19 Volunteer Awareness and Waiver Form**, indicating they will take this information into account as they decide to serve, understand the risks involved with serving, and are willing to comply with BMRLTRG practices while serving at the project. We are not only committed to keeping volunteers safe, but also to avoid bringing COVID-19 into the communities where we serve. The **COVID-19 Volunteer Waiver Form** will be printed and signed by the volunteer when they arrive at the project.

Information has been taken from current recommendations provided by the U.S. Centers for Disease Control and Prevention (CDC). BMRLTRG will monitor the CDC website for updates and make changes to this document as needed.

### **Do not volunteer if you have been exposed to or experienced any of these symptoms in the last 14 days:**

Cough	Sore throat	Congestion or runny nose
Shortness of breath	Fever or chills	Muscle aches
Fatigue	Headache	Loss of taste or smell
Nausea or vomiting	Diarrhea	

### **Health Risk Factors**

As of July 7, 2020, the CDC lists the following health risk factors:

- High risk populations; people 65 years and older.
- People of any age with the following conditions **are at increased risk** of severe illness from COVID-19—
  - Chronic kidney disease
  - COPD (chronic obstructive pulmonary disease)
  - Immunocompromised state (weakened immune system) from solid organ transplant
  - Obesity (body mass index [BMI] of 30 or higher)
  - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  - Sickle cell disease
  - Type 2 diabetes mellitus
- COVID-19 is a new disease. Currently there are limited data and information about the impact of underlying medical conditions and whether they increase the risk for severe illness from COVID-19.



## Blue Mountain Region Long Term Recovery Group

# COVID-19 Volunteer Awareness

Based on what we (CDC) know at this time, people with the following conditions **might be at an increased risk** for severe illness from COVID-19—

- Asthma (moderate-to-severe)
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Neurologic conditions, such as dementia
- Liver disease
- Pregnancy
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Smoking
- Thalassemia (a type of blood disorder)
- Type 1 diabetes mellitus

### Mitigation Practices

BMRLTRG recommends the use of these mitigation practices 7 days prior to arriving—

- Proper handwashing and use of hand sanitizer.
- Social distancing.
- Wear masks to protect others.
- If your county of residence has a 7-day average of more than 15 new COVID-19 cases per day per 100,000 people, please take extra precautions prior to leaving or consider delaying your time of service. County numbers can be found here: [Pandemics Explained](#)

### Travel Recommendations

- Travel to and from the project site—
  - Pack your lunch, snacks and water.
  - Use gloves to dispense gasoline and use hand sanitizer before getting back into vehicle.
- Public restrooms—
  - Wipe down toilet handle and seat with sanitizer before use.
  - Wash hands with soap and water for a minimum of 20 seconds before returning to vehicle or use hand sanitizer if



## Blue Mountain Region Long Term Recovery Group

# COVID-19 Volunteer Awareness

soap and water are not available.

- Wear masks when outside of the vehicle and social distancing is not possible.

### Required BMRLTRG Project Best Practices:

- BMRLTRG will assign one person at each project location to ensure COVID-19 mitigation tasks are completed
- The number of volunteers at each project may be limited, subject to spacing and activity.
- When social distancing is not possible, wear masks when interacting with clients, community partners, volunteers, and in public
  - Each volunteer will have two masks, supplied by BMRLTRG; each mask is washed and dried after each day of use
- Volunteers will provide health screening checks
- Volunteers who exhibit COVID-19 symptoms will be sent home
- On the job site—
  - As much as possible, BMRLTRG will assign one group per jobsite and not intermingle groups.
  - If it is necessary to work in homes where clients are living, mitigation practices noted above will be taken.
  - Toilet and handwashing facilities will be provided at all sites.
  - Crew leaders will monitor weekly volunteers at the job site for COVID-19 mitigation compliance.
  - Printed mitigation plans will be visible at all worksites.
  - Comply with state and local COVID-19 construction guidelines.