

# COVID-19 health and safety information

Volunteering with Habitat for Humanity inherently carries risk. During the COVID-19 pandemic, we have implemented policies to limit the possibility of the virus spreading at our locations, but there is a risk involved in volunteering with other people. This information is subject to change as more data becomes available.

## stay home if you're sick

If you are feeling unwell, have had [symptoms associated with COVID-19](#) in the last 10 days, or if you have been exposed to someone with symptoms in the last 14 days, please stay home. Staying home is the best way to protect your fellow volunteers, Habitat staff, and the community. If you have decided to postpone your day, please let us know as soon as possible.

## face coverings required

You will be required to bring and wear a face-covering during your volunteer day. (We do have a limited supply of face coverings in case you do not have one or need an additional mask during the day.)

- Your face mask/covering must have straps and stay in place. Bandanas and gaiters are prohibited from being used as your only face covering.
- Wearing multiple masks or face coverings is encouraged.
- Please wear a mask/covering you will not need to reposition or readjust throughout the day.
- For more information about appropriate face masks/coverings, please visit the [CDC website](#).
- Bringing multiple masks or coverings is recommended in case your mask becomes dirty or sweaty during the course of the day.

## screening process

A staff member will conduct a screening with each volunteer as they arrive. This will include:

- Have you tested positive for COVID-19 in the last 10 days?
- Do you have, or have you had any of the following symptoms begin within the last 10 days:

Fever or chills	Headache
Cough	New loss of taste or smell
Shortness of breath or difficulty breathing	Sore throat
Fatigue	Congestion or runny nose
Muscle or body aches	Nausea or vomiting
	Diarrhea
- Have you been advised by a medical professional to quarantine in the past 14 days?
- In the last two weeks, have you been in close contact with someone who is not part of your household/quarantine group for the last 14 days?
  - “Quarantine group” is understood to be individuals that interact regularly who do NOT interact with individuals apart from the group.
  - You have been in close contact if you have:
    - i. been within 6 feet of someone who has COVID-19 for a combined total of 15 minutes or more over a 24-hour period, or
    - ii. provided care at home to someone who is sick with COVID-19, or
    - iii. had direct physical contact (hugged or kissed) with someone who has COVID-19, or
    - iv. shared eating or drinking utensils with someone who has COVID-19, or
    - v. been sneezed on or coughed on by someone who has COVID-19.

## entry

Before entering for your volunteer event, site staff will:

- Clean the site prior to your arrival.
- Ensure you are wearing your face mask/covering.
- Conduct the screening listed above.
- Check you in through our volunteer website.

## physical distancing

- Staff and volunteers will be asked to maintain at least 10 feet between themselves whenever possible.
- Total occupancy for each location will be posted at each entry.
- On our construction sites, only one staff member or volunteer will enter the tool container at a time.

## handwashing and hygiene

- Handwashing stations and hand sanitizer will be available for frequent cleaning throughout the day. If you have hand sanitizer, please bring it for yourself.
- Avoid touching your face or shared surfaces with unwashed hands.
- Cover coughs and sneezes and follow appropriate respiratory etiquette.

## tool sharing

- We are limiting tool sharing and increasing the cleaning of tools.
- Bring your own work gloves if you can. Disposable gloves will be available.
- Bring your own hand tools if you can.

## food and water

- To increase social distancing, breaks will be staggered throughout the day.
- Please bring multiple water bottles with enough water for your volunteer day. For safety, we have discontinued the use of communal water sources. We will have single-use water bottles available.

## carpooling

While carpooling is normally encouraged, we strongly encourage volunteers who are not part of the same household to drive separately.

## what to bring

- face covering
- plenty of water
- hand sanitizer (if you have it)
- work gloves (if you have them)

## what to wear

- Closed-toed shoes
- Clothes you don't mind getting dirty/painted
- Layers for fluctuating weather
- Optional: hat, sunscreen, and sunglasses

**Please carefully review this health and safety information and contact the Volunteer Services Team at [volunteerservices@sandiegohabitat.org](mailto:volunteerservices@sandiegohabitat.org) with questions.**