



## Health and Safety

Volunteers are essential to the heart and soul of Community Care Durham (CCD), even more so during these times. Without your generosity and commitment, CCD would not be able to provide our clients with the Meals on Wheels and Transportation services that are required.

The following are Safe Work Practices for you to follow while performing your duties during COVID 19:

- Volunteers are expected to practice universal infection control precautions like cleaning and washing hands regularly for at least 20 seconds. Additionally, utilize hand sanitizer or hand washing before and after each delivery or transportation contact.
- If you are driving clients, disinfect surfaces after each client leaves your vehicle and at the beginning and end of your shift.
- Disinfect your vehicle after each MOW route is completed.
- Maintain at least 6 feet of separation from others.
- Avoid touching unnecessary surfaces.
- Cover your mouth with a tissue or your elbow if you cough or sneeze. Throw the tissue away immediately.
- Avoid touching your face.
- Avoid going into the client's home. If you must take their meal inside due to their mobility restrictions, ensure to wear gloves and a mask. Wash your hands after leaving their home.
- If you are feeling unwell, notify your Coordinator as soon as possible and discontinue volunteering until you feel well.
- If you have travelled, follow the government guidelines for 14-day isolation.
- If you are volunteering or working anywhere else, please advise your Coordinator. Please include the nature of work and location.

If you decide not to volunteer *for any reason*, CCD will support your decision, including and up to a decision to temporarily suspend your own volunteering during this uncertain time.

**THANK YOU FROM ALL OF US AT COMMUNITY CARE DURHAM.**

**We couldn't do this without you!**