

VOLUNTEER HEALTH CHECKLIST



MAKE SURE YOU ARE FIT TO VOLUNTEER

- ✓ If you are not feeling well, stay home until you have fully recovered
- ✓ If you have recently returned from abroad, **follow these instructions** or visit <https://bit.ly/3484go1>
- ✓ Join online volunteer programs from home if possible



PREPARE FOR VOLUNTEERING

- ✓ Avoid travelling to volunteering by public transportation if possible
- ✓ Come equipped with a personal bottle of hand sanitizer
- ✓ Bring a personal supply of food and drink if needed. Avoid sharing food and dishes with others
- ✓ Make sure you have fully completed any training for your current volunteer position required by the organization



DURING VOLUNTEERING

- ✓ Wash your hands often with soap and water for at least 20 seconds
- ✓ Be sure to keep a distance of at least 2 meters (6.6 feet) from others
- ✓ Cough or sneeze into a tissue or the bend of your arm, not your hand
- ✓ Avoid touching your eyes, nose, or mouth with unwashed hands



AFTER VOLUNTEERING

- ✓ If you are not feeling well after a few days of volunteering please follow your local public health protocols and update the organization