

## General COVID-19 Guidelines for Extension Volunteers

### Best Practice Guidelines

Practice best practices for personal protection and hygiene in order to protect you and those around you.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

- Clean and wash your hands for a minimum of 20 seconds before and after volunteering. Follow the same practice if you take breaks during your volunteer time.
- Avoid physical contact with others and maintain a distance of at least six feet.
- Cover your cough and sneezes with your elbow or a tissue.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wear a cloth face covering when you cannot maintain at least six feet distance from others.

DO	DO NOT
<p>DO consider any risk that may be associated with the task and DO NOT take part if you feel uncomfortable with the risk level.</p> <p>DO coordinate with the Extension 4-H staff before volunteering and follow all additional guidelines set forth in your 4-H Club Safety Management Plan.</p>	<p>DO NOT volunteer if you have experienced any of the following over the past 14 days:</p> <ul style="list-style-type: none"><li>• Have any of the symptoms related to COVID-19 as identified by the Centers for Disease Control and the Department of Health <a href="https://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/symptoms-treatment">https://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus/symptoms-treatment</a>.</li><li>• Have been around anyone who has COVID-19</li><li>• Have been contacted by a contact tracer informing you that you have been exposed to someone who has tested COVID-19 positive</li><li>• Traveled to any foreign country</li><li>• Been on a cruise or been in an airport</li><li>• Been to an event with more than 50 people</li></ul> <p>DO NOT volunteer if you are in a high-risk category as outlined by the CDC. <a href="https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html">https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html</a></p> <p>DO NOT volunteer if you live with or are in frequent contact with people in higher-risk categories.</p>

If you become ill with COVID-19 like symptoms AFTER volunteering, notify your local public health department so the proper procedures can be followed. The public health department will coordinate any contact tracing efforts and will notify Illinois Extension of any possible exposure.

This is an evolving situation, so these guidelines are subject to change, based on guidance from the University of Illinois and guidelines provided by the Centers for Disease Control. We appreciate the commitment of our volunteers to these volunteer programs, as well as your patience and commitment to safety as we navigate the times.