



## COVID-19 PROTOCOL FOR VOLUNTEERS

Updated 8.12.2022

Equest works hard to protect clients, the public, staff, and volunteers but also understands the need for some degree of “normalcy”. Per the COVID-19 modifications announced by the CDC on August 11, 2022, our protocols for **Volunteers** have been adjusted, as outlined below.

### **MASKS**

1. Currently, masks are optional for all volunteers EXCEPT:
  - When a staff member indicates they want you to wear a **mask** when in their office space.
  - When another volunteer or a client indicates they are uncomfortable working with **unmasked** folks or are at high risk.
  - If you are at Equest when you are informed that you have been exposed to someone who has tested positive to COVID-19. You must wear a **mask** as soon as you find out you were exposed.

### **EXPOSURE**

1. If any volunteer comes into close contact with someone with COVID-19 but are **NOT** experiencing any symptoms, you may continue to come to volunteer but **must wear a mask and avoid close contact with the Equest clients.**
2. Your last exposure to the person(s) with COVID-19 is considered day 0. Day 1 is the first full day after your last exposure. You must continue precautions for **10 full days. You can still develop COVID-19 up to 10 days following exposure.**
3. On day 6 after exposure, get tested, even if not experiencing symptoms. If test is Negative, continue precautions of wearing mask for 10 full days from exposure. If test is Positive, follow positive protocol.

### **POSITIVE COVID TEST BUT NO SYMPTOMS**

1. Volunteers who have tested positive for COVID-19 but have **NO SYMPTOMS** may return to Equest **after 5 days.** Day 0 is the day the test was conducted and day one is the day after the test was conducted.

### **PEOPLE WITH SYMPTOMS**

1. Volunteers with **MILD** symptoms of COVID-19, including people who are awaiting test results or have not been tested, or those who have a positive COVID -19 test, **may return to Equest after 5 days, IF:**
  - a. Last 24 hours are fever-free without fever-reducing medication.
  - b. Your symptoms are improving.
2. Volunteers with **MODERATE** illness (shortness of breath or difficulty breathing) may return to Equest after 10 days.
3. It is the duty of the volunteer to notify Ellie Grant, the Director of Volunteer Services, and report with whom at Equest has the volunteer been in close contact.

## **MANDATES FOR ALL VOLUNTEERS**

1. Absolutely cancel any appointment/lesson/session or other volunteer obligations if experiencing any symptoms that may be related to COVID-19 in the past 5 days.

### **Symptoms include, but not limited to are:**

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore Throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees F

2. The CDC identifies the following groups to be at higher risk for severe illness from Covid-19:

#### **People with:**

- Asthma (moderate to severe)
- Chronic Lung Disease
- Diabetes
- Serious heart conditions
- Chronic Kidney Disease- being treated with dialysis,
- Severe Obesity (Body mass index of 40 or higher)
- Age 65 or older
- People living in nursing homes or long-term care facilities
- Liver Disease
- Immunocompromised

3. Alongside the identified high-risk groups listed above, the following populations, if served or interacted with at Equest, might be at increased risk of becoming infected or having unrecognized illness:

## **GENERAL**

1. After ending isolation, it is best practices to have two sequential negative test 48- hours apart.
2. It is the personal responsibility of each volunteer to get vaccinated and/or to appropriately follow the Equest protocol.
3. Further clarification can be found on the CDC's website.
4. This CDC guidance is meant to supplement—not replace—any federal, state, local, territorial, or tribal health and safety laws, rules, and regulations.