



# openlands

conserving nature for life

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## Guidelines for Volunteers during COVID-19

Openlands is excited to welcome back volunteers to outside activities! Due to COVID-19, safety guidelines were created with everyone in mind and consistent with recommendations from the Centers for Disease Control. All volunteer activities **must** follow critical health and safety protocols so we can protect employees, volunteers, residents, and friends.

### General guidelines for volunteers:

**DO NOT volunteer if you or someone in your household is ill.** Seek medical advice and testing if you exhibit COVID-19 symptoms including fever, cough, sore throat, and shortness of breath. When in doubt, please stay home. Please review Chicago COVID guidelines at <https://www.chicago.gov/city/en/sites/covid-19/home/managing-your-health.html?#tab-protect>

**DO NOT** volunteer if you live with or are in frequent contact with people in higher-risk categories for the virus.

**DO** wear a mask. **Face covering is strongly suggested.**

- Face coverings are encouraged regardless of whether a participant is vaccinated, especially when physical distancing is not possible.
- Cover mouth and nose with face covering and make sure there are no gaps between your face and the mask.

**DO** practice universal infection control precautions:

- Clean and wash your hands for a minimum of 20 seconds before and after volunteering.
- Avoid physical contact with others and maintain a social distance of six feet.
- Wear a face covering when in public and around others.
- 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.

**DO** plan accordingly, as many public restrooms are closed.

**DO** bring your own gloves, snacks, water bottle, sunscreen, bug spray, and hand sanitizer if able.

### Openlands is committed to the following:

- Volunteer programs with a limited amount of volunteers.
- Respecting Openlands staff, volunteers and community members by encouraging masks and social distancing
- Providing sanitized tools and gloves to begin workday
- Modifying volunteer opportunities, as able, to follow social distancing recommendations.