



# Volunteers'

# GUIDE

## COVID-19 SAFETY

### **PUT SAFETY FIRST**

If you're unsure if something is safe, contact your pod leader or the mutual aid team and ask **first**. Keep up-to-date with Toronto Public Health advice ([here](#)) and follow it.

### **WASH YOUR HANDS**

Wash your hands with soap and warm water for at least 20 seconds frequently. Or, use an alcohol-based hand sanitizer. Clean your hands before and after touching items you drop off to a neighbour, before you enter and after you exit a building, and after touching common surfaces like money, receipts and door handles. Don't touch your face with unwashed hands. Cough or sneeze into a tissue, then throw it away and clean your hands.

### **KEEP A SAFE DISTANCE**

Keep interactions brief. Stay at least two metres away from others — that's about the width of a car. Use only touchless greetings, like waves.

### **CLEAN COMMON SURFACES**

Disinfect high-touch surfaces like steering wheels, door handles and your phone frequently. Don't put flyers in mailboxes; use posters and messages. Avoid touching common surfaces.

### **SCREEN, ISOLATE, REPORT, TRACK**

Screen yourself, your neighbours in need, and your fellow volunteers every day. *"Are you feeling well? Do you any symptoms, especially cough, fever, or difficulty breathing?"* If anyone develops symptoms or tests positive for COVID-19, they must stay home and self-isolate right away. Inform your pod leader and the mutual aid team immediately. You cannot volunteer in person if you have symptoms or have travelled outside of Canada in the last 14 days, or if you've been in contact with someone who has. Use your pod's tracking system to make a note of the date, time and location of in-person interactions like deliveries. This information is vital if someone gets sick.

### **CONSIDER A MASK**

The Public Health Agency of Canada (PHAC) now suggests non-medical masks where physical distancing is difficult, such as on public transit and at grocery stores. Unless otherwise directed, only use a homemade mask or surgical mask, not an N95 or other mask meant for healthcare workers. Wash or sanitize your hands before and after putting on and taking off your mask. Make sure you don't touch your eyes, nose or mouth with unwashed hands while adjusting your mask. Try not to touch it once it's on. The PHAC website ([here](#)) has more information about removing, handling, sanitizing and disposing of used masks.