

IMPORTANT INFORMATION: READ COMPLETELY

January 2022

Food Lifeline Volunteers:

We are committed to ensuring your safety and the safety of others during your volunteer shift. However, any activity in the community increases your risk of exposure to coronavirus Covid-19. To limit the risk of exposure for all, we ask you to answer and comply with the following precautions:

Anyone who has experienced symptoms of Covid-19 (fever, cough, shortness of breath, and other respiratory issues) or has had exposure to someone with these symptoms (or a suspected or confirmed case of Covid-19) during the past five days will not be permitted to volunteer at this time.

Although we are not currently requiring or verifying vaccination records or negative test results before volunteering, we encourage all volunteers to receive COVID-19 vaccinations and boosters.

We also encourage volunteers who may be at increased risk (due to age or a medical condition) to consult a physician and evaluate the risks before volunteering.

Please review all questions below:

- Have you been diagnosed with Covid-19 within the last 5 days?
- Are you currently, or have you in the last 72 hours, experienced any of the following symptoms that you cannot attribute to another health condition? *Fever, chills, cough, shortness of breath, sore throat, new loss of smell or taste, nausea, diarrhea, or vomiting*
- Have you had a temperature over what's normal for you (or over 100.4) in the last 72 hours (without the use of medicine that reduces fever)?
- Do you have any new muscle aches that you cannot attribute to another health condition or specific activity (such as physical exercise)?

NOTE: All volunteers **MUST** answer "no" to all questions above before being able to volunteer.

Volunteers are expected to comply with the following safety requirements:

- Wash hands at beginning, during and end of shift [cdc.gov/handwashing/index.html](https://www.cdc.gov/handwashing/index.html).
- Wear gloves during entire session and add new gloves after using restroom or touching your face.
- Wear a mask. Volunteers are required to provide their own non-medical grade face protection.
- Notify staff if symptomatic during your shift or call (206) 545-6600 following your shift.
- [Practice Safe Lifting Techniques](#).
- Wear closed-toe shoes.
- Please ask for help if you need assistance at any time during your volunteer shift.
- To ensure that you have the most accurate information regarding Covid-19, consult the [CDC](#), [Public Health Seattle-King County](#) and [Washington State's Department of Health](#).

Thank you,

Food Lifeline Volunteer Team

(206) 545-6600

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