VOLUNTEER SAFELY
COVID-19

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Do not volunteer if you have experienced symptoms related to COVID-19 such as fever, cough, or shortness of breath. Avoid taking risks to keep us all safe.

Practice cleanliness disinfect volunteer area's surfaces regularly. Wash your hands before, during, and after volunteering. You can use hand sanitizer if soap and water are not readily available.

Maintain physical distance of at least 6 ft between you and others.

Cover your cough and sneezes with a tissue, if tissues are not available cough and sneeze into your elbow. Avoid touching your face during the volunteer project.

Inform yourself of safety precautions and procedures before arriving to your volunteer opportunity. Most importantly, remember to follow the California Department of Public Health's guidelines. Visit cdph.ca.gov/COVID19 for more information.

CALIFORNIA NEEDS YOU

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Your Actions Save Lives
covid19.ca.gov

CALIFORNIA VOLUNTEERS
Office of the Governor