

## Volunteer Safety During COVID-19 Education and Awareness

Serving as a volunteer in a healthcare organization means that you may come in contact with patients or others who have health conditions that could be contagious, including SARS-CoV-2 which causes COVID-19. It is imperative that you understand your personal risk factors as well as methods to reduce your exposure to communicable diseases.

### Know your Personal Risk

- Age** - The risk for severe illness with COVID-19 increases with age, with older adults at highest risk. According to the CDC 8 out of 10 COVID-19 deaths reported in the U.S. have been in adults 65 years and older. Additionally, compared to younger adults, older adults are more likely to require hospitalization if they get COVID-19.

	Hospitalization <sup>1</sup>	Death <sup>2</sup>
18-29 years	Comparison Group	Comparison Group
30-39 years	2x higher	4x higher
40-49 years	3x higher	10x higher
50-64 years	4x higher	30x higher
65-74 years	5x higher	90x higher
75-84 years	8x higher	220x higher
85+ years	13x higher	630x higher

[www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html)

[www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-age.html](http://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-age.html)

- Health Conditions** - The following underlying conditions\*\* have been identified by the Centers for Disease Control as chronic illnesses that put, or might put\*, adults, of any age, **at increased risk** of severe illness from the virus that causes COVID-19:
  - Asthma (moderate-to-severe)\*
  - Cancer
  - Cerebrovascular disease\*
  - Chronic kidney disease
  - Liver disease\*
  - Neurologic conditions\*, such as dementia
  - Overweight\* ((BMI > 25 kg/m<sup>2</sup>, but < 30 kg/m<sup>2</sup>))

- COPD (chronic obstructive pulmonary disease)
- Cystic Fibrosis\*
- Down Syndrome
- Diabetes mellitus (Type 1)\*
- Diabetes mellitus (Type 2)
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Hypertension or high blood pressure\*
- Immunocompromised state (weakened immune system) from solid organ transplant)
- Obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher but < 40 kg/m<sup>2</sup>)
- Obesity - Severe (BMI ≥ 40 kg/m<sup>2</sup>)
- Pregnancy
- Pulmonary fibrosis\*
- Sickle cell disease
- Smoking
- Thalassemia\* (a type of blood disorder)

*\*\* The list above is subject to change per CDC updates. Please find up-to-date information at [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html)*

## Keeping Yourself Safe

It is critical that you as a volunteer utilize all the appropriate tools and techniques to maintain your personal safety. These include:

- **Stay home if you are ill** – First and foremost, do not partake in a volunteer shift if you are not feeling well. Ensure you take your temperature prior to coming. If it is above 98.6°, please refrain from coming in. Contact the service chair for your area.
- **Attest to your health at the beginning of each onsite shift** – Upon entering the facility, ensure you have none of the following symptoms:
  - Fever of 100F or higher, subjective fever, chills
  - New cough
  - Shortness of breath, difficulty breathing
  - New loss of taste or smell
  - Sore throat
  - Acute generalized muscle pain
  - Acute fatigue or sudden onset of discomfort/illness
  - Gastrointestinal symptoms, including nausea, vomiting or diarrhea
  - New or unusual headache
  - New or unusual/unexpected congestion or runny nose
- **Personal Protective Equipment** – Until further notice, masks are to be worn at all times when on Kadlec property. Wear gloves and/or a gown when contact with blood, body fluid or grossly contaminated surfaces is anticipated – although as a volunteer this would be an exceptional circumstance and efforts should be made to engage staff as a



first line of defense.

- **Hand sanitizing** – Wash or use hand sanitizer upon entry and after touching your mask or other surfaces.
- **Clean surfaces after use** – If a patient or caregiver has used a piece of equipment please use the appropriate cleansing wipe to disinfect the equipment. Wearing gloves, use purple top wipes on wheelchairs, plastic, metal and other non-porous surfaces; green top wipes should be used for electronics. Pens and other desk items should also be cleaned between uses.
- **Keep 6’ physical distancing** – Stay at least 6’ feet from other people. Any tasks that you are asked to complete should allow you to maintain this distance. No direct contact with patients is allowed at this time therefore wheeling patients in a wheelchair is prohibited.
- **Cover your cough** – We know that coughing is a part of routine life, so when you cough please ensure you cover up. If you are ill, stay home.
- **Eating and drinking** – Please only remove your mask in non-public areas, away from other to eat or drink.

With full knowledge of the identified risks and safety requirements, I am willing to participate as a volunteer at Kadlec.

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Volunteer Printed Name

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Volunteer Signature

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Date