



September 1, 2021

Adult Resource Alliance of Yellowstone County (ARAYC)

Updated Volunteer COVID-19 Coronavirus Policy

Protective Precautions While on ARA Premises

As of Tuesday September 7, the ARAYC is asking volunteers to wear a cloth or disposable face covering over their nose and mouth while representing the ARAYC or while on premises at 1505 Ave. D and 935 Lake Elmo Drive to prevent further spread of the coronavirus. Please provide your own face cover if possible.

Volunteers are encouraged to ensure a minimum of one of the following safeguards is in effect at all times when interacting with ARAYC employees, volunteers, visitors and participants:

1. Wearing of face coverings over nose and mouth
2. Appropriate physical distancing between individuals
3. Protective clear barriers between individuals

Hygiene Practices

Volunteers are asked to comply with the following hygiene practices to prevent the spread of the coronavirus.

- Upon entering ARAYC locations, wash your hands frequently with warm, soapy water for at least 20 seconds or use ARAYC provided hand sanitizer, especially after touching frequently used items and surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Avoid people who are sick with respiratory symptoms.
- Observe department-specific protocols for sanitation of chairs, door handles, or other surfaces.

Physical Distancing

- Practice sensible social distancing between co-workers, volunteers, visitors and participants.
- Respect six-foot distances marked with floor tape in areas where lines frequently form.

Stay at Home and Return to Work Policy

It is critical that volunteers do not report to work while they are experiencing respiratory symptoms such as fever, cough, shortness of breath, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, nausea, diarrhea, or new loss of taste or smell. Currently, the Centers for Disease Control and Prevention recommends that individuals remain at home until they are free of fever for 72 hours

without the use of fever-reducing medications, the individual's symptoms have improved and at least ten (10) days have passed since the symptoms first appeared.

Volunteers who report to work ill will be sent home in accordance with these health guidelines. The following minimum quarantines will be enforced. *(Please note that these timelines are subject to change, pending current Yellowstone County Unified Health Command recommendations. Please discuss individual circumstances with your volunteer supervisor.)*

Un-vaccinated Individuals

- COVID-like symptoms- duration of quarantine dependent on symptoms and diagnosis
- COVID Exposure-14 day quarantine
 - Quarantine can end early after day 7 if individual receives negative results from a PCR test taken on day 5 or later.
 - Quarantine can end early after day 10 for individuals who choose not to take the PCR test as long as they do not show any symptoms.
- COVID Confirmed Case-14 day quarantine

Vaccinated Individuals

- If an individual is fully vaccinated and does not have COVID-19 symptoms since exposure they are encouraged to get tested 3-5 days after exposure. Individual should wear a mask indoors and in public for 14 days after exposure or until they receive negative test results.
- If individual tests positive for COVID they will need to quarantine for 14 days starting from the date of exposure.

Volunteers should self-monitor for symptoms such as fever, cough, shortness of breath, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, nausea, diarrhea, or new loss of taste or smell. If they develop symptoms, they should notify their volunteer supervisor and stay home.

Reporting of Health and Safety Concerns

Volunteers are strongly encouraged to report any concerns impacting the safety and health of ARA employees, volunteers, or participants to their volunteer supervisor.

ADDITIONAL INSTRUCTION

Meals on Wheels (MOW)

- Wear a cloth or disposable face covering over your nose and mouth while making deliveries to MOW participant households.
- Carefully adhere to participant delivery instructions, found on the daily route delivery sheet.
- Use hand sanitizer prior to packaging every participant meal throughout the delivery route.
- Only enrolled members of the Alliance Volunteer Program (AVP) may engage in the delivery of MOWs. Individuals may not accompany a MOW delivery driver as a guest until further notice.
- MOW delivery teams must live in the same household unless previously grandfathered.

The updated Volunteer COVID-19 Coronavirus Policy is posted at allianceyc.org.