



March 21, 2022

Adult Resource Alliance of Yellowstone County (ARAYC)

Volunteer Health Assurance Policy

Health Assurance While Representing ARA or on ARA Premises

Individuals are welcome to wear a cloth or disposable face covering at any time while representing the ARAYC or while on premises at 1505 Ave. D and 935 Lake Elmo Drive to prevent the spread of any virus.

Hygiene Practices

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

- 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.

Vaccination Status

The ARAYC does not inquire about or report on the vaccination status of employees, volunteers, visitors or participants.

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 encourage individuals to remain at home until they are free of symptoms for 72 hours without the use of fever-reducing medications and the individual's symptoms have improved 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. Please discuss individual circumstances with your volunteer supervisor.)*

Positive COVID Test

- Everyone, regardless of vaccination status, must stay home for five (5) days
 - Onset of symptoms or test day is day zero (0)
- After five (5) days, if you have no symptoms, or your symptoms are resolving, you can leave your house wearing a well-fitting mask.
 - If you have a fever, continue to stay home until the fever resolves without the use of medication.
- For five (5) additional days, continue to wear a well-fitting mask around others.

Close Contact

- The date you were last in contact with the COVID-19 positive person is day zero (0)

Boosted or had 2 doses of Pfizer or Moderna within the last five (5) months or had 1 dose of J&J within the last two (2) months

- Wear a well-fitting mask around others for ten (10) days.
- Test on day five (5), if possible.
- If you develop symptoms, get a test and stay home. If test is negative, resume original quarantine timeline.

Unvaccinated or had 2 doses of Pfizer or Moderna more than five (5) months ago and are not boosted or had one (1) dose of J&J more than two (2) months ago and are not boosted

- Stay home for five (5) days. Continue to wear a well-fitting mask around others for five (5) additional days.
- Test on day five (5) if possible.
- If you develop symptoms, get a test and stay home. If test is negative, resume original quarantine timeline.

Reporting of Health and Safety Concerns

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

ADDITIONAL INSTRUCTION: Meals on Wheels (MOW)

- Carefully adhere to the participant delivery instructions outline on the daily route delivery sheet.
- Wear a cloth or disposable face covering over your nose and mouth while making deliveries to MOW participant households as instructed.
- Use hand sanitizer prior to packaging participant meals throughout the delivery route.
- Only enrolled members of Alliance Volunteer Program (AVP) may engage in the delivery of MOWs. A guest may accompany a MOW delivery driver on an occasional basis given an advanced and approved request.

The Volunteer Health Assurance Policy is posted at allianceyc.org.