



Blues Mountain Region Long Term Recovery Group

COVID-19 Volunteer Guidelines Addendum

June 8, 2021

Teams come from nearby, from another state, and sometimes from another country. One of the worst unintended effects of volunteer work throughout the ages has been the spread of infectious disease. All want to serve. All teams should adhere to public health and safety protocols to protect employees, homeowners, and volunteers.

Fully Vaccinated Volunteers

If you have been fully vaccinated, you can resume activities that you did prior to the pandemic.

- In general, people are considered fully vaccinated:
 - 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
 - 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine
 - If you do not meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.
- Fully vaccinated people can resume activities without wearing a mask or staying 6 feet apart, but you will still need to follow all state and local recommendations or requirements. Check with your site host for this information.

You should continue to do the following even if you have been fully vaccinated:

- If you travel, you will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling within the United States, and in U.S. transportation hubs such as airports and stations.
- If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.



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- You should still watch out for symptoms of COVID-19, especially if you have been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- Daily screening protocol:
 - Full [symptom check](#) for each missioner.
 - Ask about general health.
 - Ask if missioner has been in contact with anyone who had COVID-19.
- Indoor projects should only be undertaken with extreme caution. Adhere closely to indoor gathering limits and ventilate the space using outside air. Gloves and masks should be always used when indoors on a project site. KN-95 masks are preferred.
- People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all precautions to prevent COVID-19.

Unvaccinated or NOT Fully Vaccinated

If you are not fully vaccinated continue to follow the safety guidelines as described by the CDC and in our COVID-19 Volunteer Guidelines.

- **Unvaccinated volunteers should work on exterior projects only.**
- Important Ways to Slow the Spread
 - Wear a mask that covers your nose and mouth to help protect yourself and others.
 - Stay 6 feet apart from others who do not live with you.
 - Avoid crowds and poorly ventilated indoor spaces.
 - Wash your hands often with soap and water. Use hand sanitizer if soap and water are not available.
 - ***The COVID-19 vaccine is recommended to serve on a volunteer team.***

Domestic Travel Recommendations for Unvaccinated People:

- Before you travel:
 - Get tested with a viral test 1-3 days before your trip.



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- While you are traveling:
 - Wear a mask over your nose and mouth. Masks are required on planes, buses, trains, and other forms of public transportation traveling within the United States and in U.S. transportation hubs such as airports and stations.
 - Avoid crowds and stay at least 6 feet (about 2 arm lengths) from anyone who is not traveling with you.
 - Wash your hands often or use hand sanitizer (with at least 60% alcohol).
- After you travel:
 - Get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.
 - Even if you test negative, stay home and self-quarantine for the full 7 days.
 - If your test is positive, isolate yourself to protect others from getting infected and contact your Team Leader.
 - If you do not get tested, stay home and self-quarantine for 10 days after travel.
 - Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.
 - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms. Contact your Team Leader if the results are positive.

General Guidance for all Team Leaders

- All team leaders complete Team Leader training and register the team with Blue Mountain Region Long Term Recovery Group.
- Each team member will complete the Volunteer Registration Form.
- Check with your local health department and the site host for the current rules and restrictions for the area you are traveling from and to.
 - Here is a website to help you identify your risk [CovidActNow](#)
 - Follow all state and local recommendations or requirements.



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- Where guidance from different authorities conflict with each other, follow the more restrictive protocols.
- Know if all the team members are fully vaccinated. If they are not then they must follow the CDC testing guidelines.
 - ***Vaccines are strongly recommended for everyone on the team.***
- Follow the guidelines of the CDC for travel.
- Do NOT travel if you were exposed to COVID-19, you are sick, you test positive for COVID-19, or you are waiting for results of a COVID-19 test.
- Learn when it is safe for you to travel. Do not travel with someone who is sick.
 - ***Consider whether you, someone in your household, or someone you will be serving are at an increased risk for getting very sick from COVID.***
- Work with your site host to:
 - Find out if you need to bring your own PPE supplies.
 - Learn what protocols the site is using if someone either a team member or client has tested positive to Covid and exposed others.
- Make sure each team member has proper medical insurance.
- Know the health infrastructure in the area where the team intends to serve and the location of the nearest hospital.
- Have a plan for canceling the journey or sending team members home if any team members are uncomfortable with the enforcement of safety protocols.

Questions or concerns?

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