

Volunteering in a Time of Social Distancing: New Jersey Responds to COVID-19

During this national emergency, the New Jersey Governor's Office of Volunteerism and its partner organizations understand that those who are not suffering from the virus may want to help. However, all volunteer activities should adhere to critical health and safety protocols in order to

- Protect Volunteers
- Protect Residents
- Protect Clients
- Protect Service Agencies

General Guidelines for Volunteers:

PLEASE DO NOT attempt to volunteer if you have:

- Experienced symptoms that could be related to COVID-19 in the last 14 days
- Been around anyone who has COVID-19 in the last 14 days
- Traveled to any foreign country in the last 14 days
- Been on a cruise or been in an airport in the last 14 days
- Been to an event where more than 10 people were in attendance in the last 14 days

PLEASE DO NOT self-deploy to volunteer for any activity without confirming that there is a need for the activity, that it will be conducted, and that volunteer support is needed and expected.

PLEASE DO NOT consider volunteering if you live with or are in frequent contact with people in the higher-risk categories for the virus.

BE SURE TO ASK about any risk that may be associated with the task and **DO NOT** take part if you are uncomfortable with the level of risk.

DO practice universal infection control precautions.

- Clean and wash your hands with soap and water before, during, and after volunteering for a minimum of 20 seconds.
- If soap and water are not readily

available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Avoid physical contact with others and maintain a social distance of 6 feet. ○ Cover your cough and sneezes with your elbow or tissue.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

DO call ahead to the service agency and ask if any additional safety precautions should be taken before, during and after the shift.

DO allow for extra time for additional screening from volunteer organizations or agencies to make sure you are cleared to volunteer for the task.

DO clean any used spaces thoroughly before and after. “High touch” surfaces that volunteers may encounter should be cleaned every day. These include counters, door handles, tabletops, bathroom fixtures, toilets, telephones, keyboards, tablets, and remote controls.

DO use proper Personal Protective Equipment (PPE) if needed/provided for the task.

DO maintain the social distancing of 6ft apart ESPECIALLY when interacting with general public through meal pickups and deliveries. This is critical given the shortage of masks.

DO expect that shifts or opportunities may be cancelled; especially volunteer opportunities working with the vulnerable populations. Please be gracious and understanding.

DO register your capabilities and availability or find volunteer opportunities that may be available in your area.

General Guidance for Medical and Healthcare Volunteers

If interested in volunteering, we refer you to the Medical Reserve Corps of the NJ Department of Health. Individuals can go to <https://njlmn.njlincs.net/> and click on "Register as an Existing or New MRC Volunteer!" Registration instructions can be followed from there. Medical Reserve Corps Units are county based, and each county has at least one MRC Unit. Health professional and community health volunteers are welcomed.

For background and the most up-to-date information, please visit the Centers for Disease Control and Prevention Coronavirus Disease 2019 website: [HERE](#)

[State of NJ Covid-19](#)

- Twitter ([here](#))
- Facebook ([here](#))
- YouTube ([here](#))

[New Jersey Volunteer Organizations Active in Disasters \(NJVOAD\)](#)

- Twitter ([here](#))

- Facebook ([here](#))
- HelpNJNow ([here](#))

NJ 211

- Twitter ([here](#))
- Facebook ([here](#))
- E-mail covid19@nj211.org

U.S. Department of Health and Human Services:

- Twitter ([here](#))
- Facebook ([here](#))

Centers for Disease Control and Prevention:

- Twitter ([here](#))
- Facebook ([here](#))

What you should know:

- [Workplace, School, and Home Guidance](#)
- [People at Risk for Serious Illness from COVID-19](#)
- [How COVID-19 Spreads](#)
- [Symptoms](#)
- [Steps to Prevent Illness](#)
- [Frequently Asked Questions](#)
- [Facts about COVID-19](#)
- [Information for People at Higher Risk and Special Populations](#)

The NJ Governor's Office of Volunteerism recognizes and thanks NJ's 1.6 million volunteers for their service to our state every day. For more information, you can contact the office at 609-633-9627.

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- Website: <http://volunteerism.nj.gov>
- Facebook ([here](#))
- Instagram ([here](#))



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