



Guidelines for Church Members Volunteering During COVID-19



Washing your hands, covering your cough and sneeze, not touching your face and practicing social distancing (maintaining at least a six-foot distance from others) are crucial to prevent the spread of COVID-19. Social

For area church volunteers helping senior citizens and others during this emergency, Tazewell County Health Department offers the following suggestions:

- Do not hug or shake hands while practicing social distancing.
- Wash your hands and disinfect surfaces regularly.
- When picking up someone's groceries, sanitize your hands when leaving the store.
- Don't bring the kids along when delivering meals, groceries or supplies to seniors. Health officials are recommending that older adults avoid contact with children.
- Leave groceries and food on the resident's front step or porch. It might be a good idea to call the resident ahead to let them know what time the delivery will arrive.
- Tell the recipient to remove and throw away any outer packaging of perishable items, if possible, before placing the items in the refrigerator. They should also wash any surfaces touched by grocery bags or packaging, as well as their hands.
- The USDA has said it is not aware of virus transmission by food or food packaging. However, to ease the minds of any recipient who is concerned, those packaging/delivering food could place it in disposable containers. Recipients can remove the food from the containers, throw them out and then thoroughly wash their hands. Packaging meals in disposable containers also alleviates the stress of returning the containers to their owner.
- Experts are recommending any takeout or delivery packages be handled with gloves, which should then be thrown out and not re-used.
- Make sure to tell the recipient to put perishables directly in the refrigerator, not on counters or tabletops, and to then thoroughly wash their hands.