Updated 10.20.2020

Minnesota is seeing an increase in COVID 19 cases and we are entering cold and flu season. To keep our staff and volunteers safe while continuing volunteer operations to meet the demand in our community, we have updated our volunteer safety guidelines.

Volunteers must be age 18 and over can volunteer.

We request you **refrain from volunteering** if:

* You have been tested for COVIC 19 and are awaiting results.
* You have tested positive for or have been diagnosed with COVID 19.
* You have been exposed to someone who tests positive or has been diagnosed with COVID 19.

You will be able to return to volunteering once you receive a negative test result or your 14-day quarantine period has ended.

Do you have **one or more** of the following symptoms:

* Fever of 100.4 degrees Fahrenheit or higher
* Difficulty or trouble breathing
* New cough or a cough that gets worse
* New loss of taste or smell

If yes, we respectfully request you refrain from volunteering at this time.

Do you have **two or more** of the following symptoms:

* Sore throat
* Nausea
* Vomiting
* Diarrhea
* Chills
* Muscle pain
* Excessive fatigue (extreme tiredness)
* New or severe headache
* New nasal congestion or runny nose

If yes, we respectfully request you refrain from volunteering at this time.

Have you been **closer than 6 feet** with individuals that do not live in your household and/or are not regularly with, **without a mask and for 15 minutes or more**?

If yes, we respectfully request you refrain from volunteering for 14 days from the date of the occurrence.