



Mary Isaak Center Virus Prevention Protocol – Volunteers

Coronavirus is a respiratory disorder that features fever, shortness of breath and cough. If you have this combination of symptoms, please contact COTS Engagement Specialist and do not come in for your volunteer shift.

- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. If your program needs supplies, please alert COTS staff.
- NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc. when greeting others.
- Avoid touching eyes, nose, mouth. (We reportedly do so about 90 times per day!)
- Use ONLY your knuckle to touch light switches, elevator buttons, etc.
- Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Alternately, use your shirt sleeve to grab door handles.
- Avoid close contact with individuals who are sick.
- If you are feeling unwell, please GO HOME. Contact COTS' Engagement Specialist to let her know that you left your shift. We will keep a list of individuals displaying symptoms of illness.
- Wash your hands with soap for 10-20 seconds (the equivalent of humming 'Happy Birthday' twice through).
- Use a greater than 60% alcohol-based hand sanitizer multiple times throughout the day. There are hand sanitizing stations located throughout the shelter, and we can provide sanitizer for other programs.
- If possible, cough or sneeze into a tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!
- If you feel symptoms of cold coming on, use zinc lozenges. These lozenges have been proven effective at blocking viruses from multiplying in your throat. They can be found over the counter at grocery or drugstores.
- Face masks are not recommended as protection from the virus; they are only to be used by healthcare workers or those who have the virus to protect it from being transmitted.