

Volunteer Guidelines/Recommendations

Under the [SAFER AT HOME](#) order from the State of California and the city of Los Angeles, all residents are mandated to stay at home unless they are involved in essential work. Volunteering at food banks or helping donate to other community organizations falls under this scope of essential work. However, as you volunteer on-site here are some guidelines to follow:

- We encourage you to follow your convictions to help meet real needs in the city while exercising caution and wisdom to do all you can to prevent the spread of the virus.
- Be aware of your own situation and risk level. CDC has identified high-risk individuals for COVID-19 as those who have one or more characteristics:
 - People aged 65 years and older
 - People who live in a nursing home or long-term care facility
 - Other high-risk conditions could include (Source - [CDC.gov](#)):
 - People with chronic lung disease or moderate to severe asthma
 - People who have heart disease with complications
 - People who are immunocompromised including cancer treatment
 - People of any age with severe obesity (body mass index [(BMI)] ≥ 40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease might also be at risk
 - People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk.
 - Even if you do not fall into these categories, it is important to acknowledge that you can be an asymptomatic vector for a number of days after exposure.
 - If you have a family or are in contact with anyone who is high-risk, we do not recommend you to volunteer physically at this moment until we have further testing available.
- When donating goods of any sort, please make sure to keep in mind washing your hands before and after drop-off/delivery and not to participate if you show any symptoms of sickness.

If you observe that the organization you are volunteering for on-site is not following the guidelines for social distancing (at least 6 ft), please refrain from continuing that activity.