Dear Volunteers:

Welcome back! We have missed you. In addition, we are so happy to see you and have your support again.

We want to keep you, our clients and staff as healthy and safe as possible. To that end, please read carefully and sign the back.

Please be aware of the following protocols:

- Please take a non-contact temperature, supplies are at the front desk, each time you volunteer.
- Please wear a face mask or face covering while at Food for Others (FFO).
- Please immediately wash your hands for at least 20 seconds upon entering the building.
- Please do not shake hands with, touch or hug others during your time in the building.
- Please do not congregate in any space within the warehouse.

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td>Do you have a fever or have you felt hot or feverish recently (14-21 days)?</td>
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<td>Are you having shortness of breath or other difficulties breathing?</td>
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<td>Do you have a cough?</td>
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<td>Any other flu-like symptoms, such as gastrointestinal upset, headache or fatigue?</td>
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<td>Have you experienced recent loss of taste or smell?</td>
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<td>Are you in contact with any confirmed COVID-19 positive patients?</td>
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<td>Have you been quarantined or have had contact with a quarantined person recently (14-21 days)?</td>
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<tr>
<td>Do you have heart, lung, kidney disease, diabetes or any auto-immune disorders?</td>
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<tr>
<td>Have you traveled in the past 14 days to any regions affected by COVID-19?</td>
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The person answering YES to any of the above questions is responsible for following-up with their primary care physician if needed.
- All volunteers in office spaces or in the warehouse must wear a mask that covers the nose and mouth when in an area that you cannot be 6 feet away from another person.
  - The cloth face cover is meant to protect other people in case you are infected.
- All volunteers handling food items must wear gloves.
- All volunteers must wash their hands frequently with soap and water for 20 seconds, or when not close to a sink, must use hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- Additional key times to clean hands include:
  - After blowing one’s nose, coughing, or sneezing
  - After using the restroom
  - Before and after eating or preparing food
- Volunteers should avoid touching your eyes, nose, and mouth with unwashed hands.
- All volunteers will have their temperature taken upon arrival at FFO.
- All frequently touched surfaces will be sanitized prior to switching volunteers and at routine times throughout the day.
- All kitchen areas and bathrooms will be sanitized at routine times throughout the day.
- Do not come to FFO if you are sick.
- If you become sick, please tell the Director of Volunteer Services or Executive Director and go home immediately.
- If you become sick, outside of FFO, contact Director of Volunteer Services or Executive Director immediately. If the symptoms are consistent with COVID-19 symptoms, we ask you to contact your primary care doctor and follow up so that we can move forward accordingly.
- The top three symptoms of COVID-19 are: Fever, Cough, Shortness of Breath. Other less common symptoms of COVID-19 are: Chills, Muscle Pain, Sore Throat, New loss of taste or smell. If you are in doubt, please call the FFX Co Health Dept. Call Center: (703)267-3511
- If you have been tested for COVID-19, you will not be allowed back to FFO until either:
  - The test comes back negative
  - Or, if the test is positive, the following three items are true:
    - It has been at least 10 days since the onset of symptoms
    - You have been fever free for 72 hours (3 days) without the aid of fever reducing medication.
    - Your respiratory symptoms are getting better, not worse.
- If a volunteer has symptoms of COVID-19, while we await the test results, a “contact” investigation will take place by management immediately to determine if any additional volunteers or staff need to be isolated.
  - A “contact” is someone that is less than 6 feet away from the infected individual without a face covering for more than a few minutes during the time that individual was symptomatic and 48 hours before that individual became symptomatic.
- If a volunteer has been identified as a “contact”, he/she will need to self-quarantine for 14 days from the time of exposure regardless of symptoms and cannot come to FFO.
- If a volunteer tests positive for COVID-19, the building will be sanitized before reopening.

By signing this form, I am acknowledging the potential risk to contract the COVID-19 disease during my time here today and voluntarily agreed to be here. I further agree and hereby release Food for Others (FFO) and its employees from any and all liability associated with my potential risk to contract NOVEL CORONAVIRUS (COVID-19). FFO will maintain this record for 14 days from completion of this form and have this form available upon request from the Public Health Department.

_____________________________  ________________________________
Print Name                                      Date

_____________________________
Signature