Part 1 – You must answer the following questions before the start of volunteering every day that you volunteer:

1. Within the last 10 days have you been diagnosed with COVID-19 or had a test confirming you have the virus?

2. Do you live in the same household with, or have you had close contact* with someone who in the past 14 days has been in isolation for COVID-19 or had a test confirming they have the virus?

If the answer to either 1 or 2 above is “yes”, you cannot volunteer and follow the steps listed in Part 2 below.

3. Have you had any one or more of these symptoms today or within the past 24 hours, which is new or not explained by another reason?
   - Fever, Chills, or Repeated Shaking/Shivering
   - Cough
   - Sore Throat
   - Shortness of Breath, Difficulty Breathing
   - Feeling Unusually Weak or Fatigued
   - Loss of Taste or Smell
   - Muscle pain
   - Headache
   - Runny or congested nose
   - Diarrhea

If the answer to Question 3 is “yes”, do not volunteer and follow the steps listed in Part 3 below.

Part 2

- If you answered yes to Question 1: you are subject to the Health Officer Isolation Directive. Do not volunteer.
  Follow Isolation Steps at: https://www.sfcdcp.org/Isolation-Quarantine-Packet

- If you answered yes to Question 2: you are subject to the Health Officer Quarantine Directive. Do not volunteer.
  Follow Quarantine Steps at: https://www.sfcdcp.org/Isolation-Quarantine-Packet

- Do not return to volunteer until the Isolation or Quarantine Steps tell you it is safe to return!
- The meaning of *Close Contact is explained in this document: https://www.sfcdcp.org/Isolation-Quarantine-Packet

Part 3 – If you answered yes to Question 3: You may have COVID-19 and must be tested for the virus before returning to volunteer. Without a test, the Business must treat you as being positive for COVID-19 and require you to stay out of volunteering for at least 10 calendar days. In order to return to volunteer sooner and to protect those around you, you must get tested for the virus. Follow these steps:

1. Contact your usual healthcare provider about getting tested for the virus, or sign up for free testing at CityTestSF https://sf.gov/get-tested-covid-19-citytestsf. If you live outside the City, you can check with the county where you live, get tested by your usual healthcare provider, or use CityTestSF.
2. Wait for your test results at home while minimizing exposure to those you live with. A good resource is https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.htm

- If your result is positive (confirms that you have the virus) go to Part 2 above and follow Isolation Steps.
- If your result is negative, do not return to volunteer until you have had at least 3 days in a row without fever and with improvement in your other symptoms. Consult with your healthcare provider to decide.

If you have questions about any part of this Handout, please see FAQs at www.sfcdcp.org/covid19 under “Isolation & Quarantine Directives” or call 311