



COVID-19 Staff/Volunteer Safety Policy Last Updated September 4, 2020

Policy Rationale

Throughout the COVID-19 pandemic, IFCB's paramount goal is to keep providing essential food services to our community while maintaining the health and safety of all our constituents - staff, volunteers and clients. **To ensure IFCB operations continue, without interruption, throughout the entirety of this COVID-19 public health crisis, we ask all staff, volunteers, clients and donors to follow all [public health recommendations](#) outlined by Washington's Department of Health (DOH).** Together, we play a vital role in slowing COVID-19 spread and keeping our community safe by:

- Always wearing appropriate face coverings in public.
- Frequently washing hands for a minimum of 20 seconds.
- Maintaining at least 6 feet of social distance from others.
- Avoiding large group gatherings and staying close to home when possible.
- Staying home when sick.
- Getting tested for COVID-19 if symptoms develop or if you or someone close to you has been exposed to a confirmed case.

Due to our organizational complexity and the large number of volunteers, donors, clients and community networks engaged with IFCB, we are asking for a high level of personal accountability regarding COVID-19 precautions. If you have any concerns or questions regarding IFCB COVID-19 expectations, your travel experiences or potential exposures, please consult with any IFCB staff member.

Additional Travel Guidelines

As part of the Governor's *Stay Home, Stay Healthy* plan, Washington state is still advising residents to avoid travel and stay close to home whenever possible. However, travel out of state (or to Washington regions with higher COVID-19 case counts) is inevitable for many reasons. **We ask all staff and volunteers to follow current travel guidelines from the [Centers for Disease Control and Prevention](#), as well as [Washington's DOH](#).** Travel guidelines and recommendations change regularly, as outbreaks evolve throughout the country, so please check these websites for the most updated information.

In addition to following CDC and DOH guidelines, IFCB has the following recommendations for staff and volunteers regarding travel:

- Avoid any type of travel where maintaining at least 6 feet of social distancing is difficult or impossible. Examples include air, train, bus or ship travel.
- If traveling by car, bring food whenever possible to avoid stopping at restaurants and always use hand sanitizer/sanitizing wipes at gas stations.
- Check the [CDC COVID-19 travel tracker](#) prior to any out-of-state travel to get updated information about high risk states, cities and counties.
- **If you know you have traveled to an area or region with a higher incidence of COVID-19, or if you traveled by plane, train, or ship, please stay home and self-quarantine for 14 days upon returning.**

Regardless of destination, realize that you may have been exposed to COVID-19 while traveling. Remember that you can feel well and not have any symptoms while still spreading the virus to others. To protect our community, the CDC recommends the following actions for everyone returning from any type of travel:

- Keep at least 6 feet of distance from anyone outside your immediate household, both inside and outdoors.
- Wear an appropriate face covering at all times when outside of your home.
- Wash hands frequently or use hand sanitizer with 60% alcohol content.
- Closely monitor yourself and family members for any symptoms and get COVID-19 tested if you feel unwell.