

# THINGS TO CONSIDER WHEN VOLUNTEERING DURING A PANDEMIC

We know many of you want to help in some way during the pandemic. It is in our nature to want to reach out and help but volunteering during COVID-19 is not volunteering as usual.

## I WOULD LIKE TO VOLUNTEER – WHAT SHOULD I DO?

- ✓ **Stay up to date** and follow provincial health orders prior to volunteering.
- ✓ **Do not volunteer if you are unwell** or you have been in contact with someone who is unwell. We need to keep volunteers, clients and staff safe and healthy during volunteering.
- ✓ **Informal self-organizing volunteers.** Please exert caution in embarking on informal volunteering. Individuals need to consider issues of privacy and self-care and avoid putting themselves and others in the community at risk.
- ✓ **Start with your local volunteer centre.** Volunteer centres know your community and will ensure that you will be in a safe environment. Centres are focused on promoting volunteering and offer resources and volunteer opportunities including virtual volunteer roles.
  - Find your local Volunteer Centre.
  - Learn even more about Volunteer Centres and what they can do for you.
- ✓ **No volunteer centre in your area?** Here are some ideas.
  - VolunteerNow, Volunteer Connector, Charity Village, iVolunteer, Dosomegood.
  - Schools, colleges and universities often have volunteer posting boards.
  - Foodbanks, Homeless shelters, Lions or Rotary Club, Family Resource Centres & animal shelters.
  - BC211 Safe Seniors, Strong Communities Program – matches seniors who need support with non-medical essentials. Contact Senior Community Centres.
- ✓ **After volunteering:**
  - Inform your volunteer coordinator how everything went and share feedback. Managing volunteers during a pandemic is new to everyone.
  - If you are not feeling well after volunteering contact your local Public Health Authority and follow their advice.
- ✓ **Final steps:**
  - Look after yourself and stay safe and healthy. Know who you can talk to in your organization.
  - Staying connected and maintaining your mental health are important. Learn about resources to support you: i.e. HealthlinkBC, Canadian Mental Health Association of BC.

***And... Remember volunteers like you are important and essential to communities across BC. Thank you for all you do!***