

VOLUNTEERING IN A POST PANDEMIC WORLD

During the Covid-19 pandemic, the volunteer landscape changed and needs have shifted. Here's a checklist to help you get started.

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!