

Before considering volunteering, ask yourself:

Am I well enough to volunteer?

Your safety and limiting the spread of the coronavirus being the main priority! Boulder County and the local Voluntary Organizations Active in Disasters continue to encourage everyone to adhere to Center for Disease Control (CDC) and Boulder County Public Health (BCPH) instructions on how best to avoid COVID-19 at work, in the community, and at home:

- **Wash your hands frequently for at least 20 seconds with soap.**
- **Avoid touching your face**
- **Distance yourself from others at least 6 feet if you must be in contact with others.**
- **If you have a cough, fever, or any symptoms of feeling ill, stay home and self-quarantine.**

More information can be found here:

BCPH: <https://www.bouldercounty.org/families/disease/covid-19/>

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

If you are well enough and wish to volunteer, there are two channels in which you may be able to help!

The first is by contacting and registering with helpcoloradonow.org.

As you register, you have the option to pay a nominal fee for a background to be processed through the portal. Boulder County will be using mainly background-checked volunteers to help with delivery of food, goods, and services to the most vulnerable in our Boulder community.

There will be a need for many roles in the coming days including food collection, organization and delivery, and potentially small group childcare for essential workers who cannot afford private childcare. Some roles will be directly related to COVID-19 in medical and logistical support. Other roles for volunteers may be related to helping community organizations to keep normal services running.

The second way to help is by doing so informally in your own community.

If you know people in your neighborhood or community who may be vulnerable, and you can contact them safely (e.g. phone call, Facetime or video chat, text, drop note into door). Let your neighbor or community member know that you are available and can assist with shopping, etc. As we know, isolation can foster depression and self-neglect. Showing someone you care and that they are on your radar goes a long way to help people who may not have much contact with the world in general.

Please do not assume that someone needs help or call directly to someone's house unannounced. Some people may be very anxious about making face to face contact, particularly if they have a medical condition or are living alone.

What if someone asks me to do something I can't actually do?

In this case, you should let the person know that you cannot help and recommend the Boulder County Area Agency on Aging (BCAAA). Other county services may be able to assist in finding a solution as well.

Please contact BCAA at bcaaa@bouldercounty.org or 303-441-3570.

It is really important to note that not all volunteers who contact us will be assigned a role immediately or in the short term. We are dealing with a large volume of volunteer registrations from people interested in helping, so although we appreciate everyone's interest, not all offers of help will be facilitated immediately. Also, if you don't hear back from us in the next few days, don't worry – we know that we will need support over the next few weeks and months! We will be contacting you when there is the need.

For organizations who wish to recruit volunteers in response to COVID-19

Your organization may register for free to advertise your needs for volunteers on **VolunteerMatch.com** and through United Way at <https://volunteer.unitedwaydenver.org/list>

Can I expect any extra support to recruit volunteers for my organization?

Your organization may contact the Boulder County Voluntary Organizations Active in Disasters (BoCo VOAD) **bocovoad.org** to become a member organization. This group works to coordinate, collaborate, communicate and cooperate as individual organizations who are deploying volunteers in their area. Many specialize in specific response categories, including: feeding, clothing, medical response, etc.

Connecting with the BoCo VOAD will also put your organization in contact with Boulder County OEM response efforts for volunteer engagement and donation management (ESF 19), making the response more efficient by not duplicating services, and ensuring that members of our community do not 'fall through the cracks' in gaps of coverage.