

## KITCHEN ANGELS COVID POLICY

Please be mindful of **your** health and the health of **the people you live with**. By being conscientious, the entire volunteer community can stay well and carry out our mission.

We ask all Kitchen Angels volunteers to adhere to the following health guidelines:

1. If you've been **EXPOSED to Covid** (within 6-feet, indoors, w/out a mask, for cumulative 15-minutes of time) :
  - Take a PCR test at day 5 after exposure;
  - Wear a high-quality mask at all times while in public;
  - No need to step back from volunteering if you are vaccinated and showing no symptoms.
2. If **you** or **anyone in your household** are **experiencing symptoms of illness** (cold, flu, stomach bug, Covid-type symptoms) :
  - Get a PCR test to determine if you have Covid;
  - Step back from volunteering until the symptoms resolve completely.
3. If you have tested **POSITIVE for Covid** , you may return to volunteering once you are **completely symptoms-free** and :
  - 10 days after the first symptom appeared (if the illness was moderate to severe or you have a weakened immune system);
  - 5 days after the first symptom appeared (if the illness was mild);
  - At least 24-hours fever-free without the use of medication;
  - Wear a high-quality mask through day 10 after first testing positive.
  - Kitchen Angels operates on a choice-based system regarding mask wearing. Volunteers are not required to wear masks during their volunteer shift. If you are not vaccinated or are immune compromised, we recommend you continue to wear a mask while indoors and around other volunteers.

Thank you and stay healthy!