

2022 RMHC-CR Love Is Served Volunteer Safety Training



Ronald McDonald
House Charities®
of the Capital Region

RMHC-CR continues to operate with an abundance of caution in response to the COVID-19 pandemic in order to maintain the health and safety of our RMHC-CR guests, staff and volunteers.

Please review the following information and watch all the embedded videos in order to be prepared to function within the current expectations at RMHC-CR.



**Ronald McDonald
House Charities®**
of the Capital Region

Personal Wellness Screening

Always consider your health before volunteering. Ask yourself the following questions prior to attending. Please know you must pass this wellness screening when you arrive.

1. Have I experienced any of these symptoms in the past 48 hours (even if I believe it is only a cold or allergies)?

Fever, cough, sore throat, shortness of breath, new loss of taste or smell

Nausea, vomiting, diarrhea, muscle/body aches, headache, fatigue, congestion, or runny nose

2. In the past 10 days, have I tested positive for Covid-19?
3. In the past 10 days, have I been in close physical contact with a person who tested positive for Covid-19?

*If yes, did I have a negative Covid-19 test at least 5 days after my last exposure?

Social Distancing

- COVID-19 is spread by coming in close contact with a person who has COVID-19.
- To minimize the risk of contagion and to reduce the spread of the virus, all individuals must maintain a minimum 3-foot distance from others while at RMHC-CR.
- A mask is NOT a substitute for social distancing and should still be worn in addition to staying at least 3 feet apart from others.



**Ronald McDonald
House Charities®**
of the Capital Region

Respiratory Etiquette

- COVID-19 spreads through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- To reduce the transmission of COVID-19:
 - Coughing and sneezing should be done into a tissue or elbow, closely covering your nose and mouth.
 - Throw used tissues away immediately in a lined trash can.
 - Immediately wash your hands using identified hand hygiene techniques.
 - Face masks covering the mouth and nose will be worn at all times in common areas of RMHC-CR.

Respiratory Etiquette video:

<https://www.youtube.com/watch?v=2yLflm7pKEU>



**Ronald McDonald
House Charities®**
of the Capital Region

Personal Protective Equipment

To reduce the spread of COVID-19:

- Face masks covering the mouth and nose must always be worn by everyone aged 2 and older (regardless of vaccination status) in common areas of RMHC-CR. Common areas are considered any space outside of guest bedrooms or individual staff office spaces.
- Masks offer some protection to you and are also meant to protect those around you, in case you have COVID-19, but don't know it. N-95 and surgical masks offer the most protection. A mask is NOT a substitute for social distancing and should still be worn in addition to staying at least 3 feet apart from others.
- Face masks may be removed when eating and in individually occupied office spaces.
- Disposable gloves must be worn during all cleaning processes including when handling the trash.



**Ronald McDonald
House Charities®**
of the Capital Region

Hand Hygiene

- Thorough, frequent handwashing is proven to be the best defense against infection.
- Enhanced hygiene procedures are needed to reduce the spread of COVID-19.
- Wash your hands frequently throughout the day including
 - when you arrive,
 - after handling meat,
 - after removing trash,
 - after using bathrooms,
 - after handling your face mask,
 - after coughing, sneezing, eating and touching your face.

Handwashing Video: <https://www.youtube.com/watch?v=o9hjmges72I>



**Ronald McDonald
House Charities®**
of the Capital Region

Why and When to Wear Food Safe Gloves

- Even when washed properly, bare hands may carry many dangerous pathogens.
- Touching ready-to-eat food with bare hands is one of the main ways that foodborne illnesses spread.
- Clean gloves must always be worn when handling ready-to-eat food.
- Glove use alone cannot stop the spread of pathogens. Meal partners must also wash their hands.
- Wearing gloves can reduce the risk of contaminating food, but only when they are worn and changed properly.
- Gloves are not magic! They can become contaminated just like hands can. Whenever this happens, staff and volunteers should wash their hands and change their gloves.
- Gloves must be changed at least every hour and when switching tasks.



**Ronald McDonald
House Charities®**
of the Capital Region

How to Put on Gloves (Donning Gloves)

Step 1: Wash hands with soap and water for 20 seconds. If water and soap are unavailable, use alcohol-based hand sanitizer.

*Tip: 20 seconds is the length of time it takes to sing “Happy Birthday” twice!

Step 2: Select the appropriate glove size for your hands. Gloves are available in the development office and the cleaning closet.

Step 3: Pull the fingers of the gloves over one hand, being careful not to tear the glove. Repeat with other hand.

Donning Gloves Video:

<https://www.youtube.com/watch?v=UIBmi578NmE>



Ronald McDonald
House Charities®
of the Capital Region

Cleaning and Disinfecting Surfaces

Cleaning refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface *after* cleaning, it can further lower the risk of spreading infection.

If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection. It is important to first clean surfaces using detergent and water, then disinfect with a bleach-based solution or an alcohol-based solution with at least 70% alcohol. Disinfecting solution should remain wet for as long as the product states (often for 2-4 minutes).



Ronald McDonald
House Charities®
of the Capital Region

Cleaning and Disinfecting Surfaces

Clean and Disinfect counters when you arrive.

- ***Clean and Disinfect counters after preparing raw meat.***
- ***Clean and Disinfect counters after food preparation and before setting up buffet.***

Gloves should always be worn while cleaning and be removed immediately after cleaning any area.

Hands should be washed immediately after gloves are removed.



**Ronald McDonald
House Charities®
of the Capital Region**

Other Important Information

Please review our RMHC Love is Served Meal Guidelines prior to coming. This one sheet lists helpful information and rules that are required to be followed including:

- All food must be prepared and cooked on site at RMHC. Items made at home (including baked goods and food marinated at home) cannot be served to RMHC families.
- Children 16 and older can help on your cooking team. Younger children cannot participate in any food preparation.

**Thank you for your support and
doing your best to keep everyone safe!**



**Ronald McDonald
House Charities®**
of the Capital Region