



All Hands and Hearts



COVID-19 Advice

All Hands And Hearts

October 2023



Individual Responsibilities

- **Personal Decision.** Please take the time to familiarize yourself with the COVID-19 context in your destination country and other countries you may travel to before or after your time with All Hands And Hearts. It is your responsibility to make an informed decision as to whether traveling is appropriate and safe for your specific circumstances.
- **Vaccination.** We strongly encourage (but do not require) all staff and residential volunteers to be fully vaccinated against COVID-19 and Influenza. This is to help minimize the risk of requiring hospitalization during illness and to avoid taking valuable health resources away from the local community.
- **Testing.** Before traveling to our program, we recommend (but do not require) that you take a Covid-19 test. This reduces the likelihood of arriving with COVID-19, or becoming ill during transit. Ideally, this test would be taken within 72 hours of your arrival to the program.

Travel Expectations

- **Responsible Precautions.** Experts still recognize the protection offered by masks, avoiding large crowds, and regularly washing hands or using hand sanitizer. By taking these precautions, you reduce the risk of our program operations and your volunteering time being adversely affected by COVID-19 or other illnesses. We recommend that you follow this advice during your journey to our program.
- **Health Monitoring.** We ask that you proactively monitor your health before and during travel, taking into account the following symptoms associated with COVID-19 and Flu: fever; chills or night sweats; a new cough; shortness of breath; sore throat; muscle aches; nausea or diarrhea; loss of taste or smell; congestion or runny nose; fatigue or headaches.
- **Symptoms and Illness.** Please do not travel if: you are sick; experiencing COVID-19 or other illness symptoms; or tested positive for COVID-19 in the last 10 days.

- Local government regulations will always take precedence if stricter than our own protocols. It is your responsibility to understand Covid-19 entry requirements for destinations on your travel itinerary.

Arriving at the Program

- **Arrival Process.** You will be guided through the full arrivals process once you meet the team. They may ask you to follow certain precautions to minimize any residual risk to one another.
- **Testing.** We are currently only requiring testing for individuals having symptoms or who have been exposed to Covid-19 on most programs. Additional tests may be conducted during the program, at the discretion of the program team based upon local conditions. All staff and volunteers are expected to follow any guidance and/or requirements of their specific program.
- **Health monitoring.** If you believe you may have COVID-19, Flu, or other illness, we ask that you notify a team member immediately. We can then enact our response protocols to minimize the likelihood of any transmission to your new team. We will take care of everything and support you through the process.

Program Life

- **Testing.** We have a stock of rapid tests that we will use as a proactive tool to identify possible cases. Testing will depend on local circumstances and program set-up.
- **Hygiene and Cleanliness.** We ask that you maintain the highest of standards of personal hygiene and cleanliness, for your health and the health of those around you. We will provide washing facilities, base cleaning and exemplary food preparation standards and ask that you join us in facilitating a healthy program.
- **Individual Preferences.** Please be mindful of the fact that everyone's risk threshold is different. Some of your fellow volunteers may choose to follow extra precautions regarding COVID-19, and we ask that you respect their decisions.



All Hands and Hearts

- **Protective Measures & PPE.** Everyone is encouraged to take reasonable precautions. If possible, try to prioritize outdoor locations and avoid large social gatherings. In certain situations, we may ask you to follow certain protective measures, such as wearing a mask and/or avoiding certain identified 'COVID hotspots'. Any need to do so will be communicated by your program team. PPE will be provided, but you are also welcome to bring your own mask or face covering if you would prefer. Local government regulations will always take precedence if stricter than our own protocols.
- **Health Monitoring.** If at any point you believe you may be experiencing any symptoms that could be COVID-19, Flu, or other illness, we ask that you notify the team as soon as possible so that we enact our response protocols immediately to minimize the likelihood of any transmission to the team or community.
- **Personal Responsibility.** Please do not engage in any activities that would put you or others at an increased risk of COVID-19 or other illness.

Response to Positive Cases

- **If you are sick:** You will be isolated and moved into separate accommodation for at least 5 days. PCR tests can be arranged to confirm positive results at the nearest lab when required. We will provide any food, drinks and other supplies that you may need during isolation. We will support you throughout the entire process, and you will be cleared to return to the program once you have completed two negative daily rapid tests. This will be no earlier than Day 5 and up to 10 days or until you no longer test positive.
- **If someone else has COVID-19:** You will be informed, and anyone who was potentially exposed will be offered extra testing in order to track any possible secondary cases. Everyone will be encouraged to conduct self-health checks and symptom monitoring to minimize the risk to the rest of the program and the wider community.



All Hands and Hearts

Other Information

- **Local governments.** Local government regulations will always take precedence if stricter than our own protocols, and we may make changes to our protocols as needed. It is your responsibility to understand Covid-19 entry requirements for destinations on your travel itinerary.
- **Local conditions.** Our protocols may change in response to changes in local conditions including case counts, hospital availability, and other factors. These changes will be communicated to you by your program team.
- **Other illnesses.** Monitoring, isolation, and precautions may apply to illnesses other than COVID-19, such as influenza and other communicative diseases.
- Covid-19 and general disease prevention is a constantly developing situation. All volunteers are expected to follow any guidance and/or requirements of their specific program.

We look forward to welcoming you to the program!