

# COVID-19 GUIDANCE FOR STATE PARK VOLUNTEERS

Volunteering in North Dakota's parks is a great way to enjoy the great outdoors and take in the beauty of North Dakota.

Volunteering at our park properties can be especially rewarding. The following guidance will help reduce the risk of COVID-19 transmission while volunteering. Contact the park manager or volunteer supervisor for specific information that may pertain to your volunteer site.

- The virus that causes COVID-19 is primarily spread from person to person through close contact (6 feet). Put distance between yourself and others.
- Wash hands frequently while volunteering and ensure hand sanitizer is available for your frequent use.
- If you are older, have chronic health conditions, or are otherwise at increased risk for a serious COVID-19 infection you should avoid volunteering.
- If you are ill or have been diagnosed with COVID-19 you should stay home until you have been told by public health that you can be released from isolation.
- If you have been told by health officials that you are a close contact to someone who tested positive for COVID-19, you should stay home.
- Consider volunteering locally to help near your home so you do not have to travel great distances. This will help avoid exposures that could occur at stops made on your trip.
- Maintain social distancing (at least six feet away) with other volunteers, all campers and visitors at the state park.
- Wear a mask when you are around other people while still maintaining social distancing.
- Food and drink should not be shared among different households. Do not congregate during breaks or during your lunch break.
- Physical contact, such as shaking hands or hugging, should be avoided.
- Monitor your health daily. If you become ill, avoid contact with other people, isolate yourself, consult with your health care provider and notify your volunteer coordinator or park manager.
- When volunteering, avoid sharing tools and ensure tools are sanitized prior to use.