



**Date:** July 11, 2023  
**From:** The FriendShip's Board of Directors  
**To:** Members and Volunteers

### **The FriendShip Guidelines for Minimizing Spread of Contagious Illnesses**

The FriendShip is a service organization and as such, our members interact with each other and volunteers in many ways for the benefit of all. At the same time, this involvement with each other can carry risks for the transmission of many kinds of contagious ailments as the recent COVID-19 pandemic has shown. Although the COVID-19 pandemic was declared over by the CDC as of May 2023, there is always the possibility of a recurrence. And of course, we live in a time where respiratory illnesses such as influenza along with other infectious disease are part of the fabric of our lives. With this in mind and with a desire to keep our members and volunteers safe, the following guidelines are suggested.

1. If a member or volunteer feels unwell with symptoms such as achiness, low grade fever, cough, sore throat or sinus symptoms, it is best to cancel. Even if you think that it is just a cold or mild sinus infection, keep in mind that many cases of COVID-19 started this way.
2. Masking is voluntary but not mandatory. However, if a volunteer or member requests that masks be worn, it is expected that this request will be honored. Be prepared to mask if asked.
3. Recovery time after contagious illnesses vary. In general, it is best to wait until you are completely well for 2-3 days before receiving or providing services. The recommendations for COVID-19 infections are more specific and differ depending on whether you have been exposed or have an infection. The guidance of the CDC will be helpful as noted below:

Exposure - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

COVID-19 infection - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

The calculators in these websites are very helpful for determining when you can provide or receive services again. If in doubt, please ask for guidance as to the best course.

4. All members and volunteers should be vaccinated against the latest variants of COVID-19 as well as influenza. Information about COVID-19 vaccines can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

Please note that these general guidelines may change in the future if there is evidence for emerging risk for infection from any source. This determination would be made by The FriendShip Board on the basis of consultation with medical authorities and recommendations by the CDC.

**If you have questions about the information above, please contact The FriendShip office at 803-602-6434.**