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There has been an outpouring of support from people across Pennsylvania who want to help their neighbors during COVID-19. This is fantastic and exactly what we have come to expect from the people of the Commonwealth.

If you want to volunteer, we encourage you to reach out to those trusted agencies in our community. You could also consult the list of agencies on PA 211 to find an agency needing help.

We also encourage you to go to <https://serv.pa.gov> to register and create your own profile. When prompted choose “COVID Volunteers” as your “organization”, then follow the links. We are currently experiencing a high volume of registrations so do bear with us as we get back to everyone. It is possible that not everyone will be needed but knowing your support is there is vital to organizations on the front line of the response.

**ARE YOU WELL ENOUGH TO VOLUNTEER?**

First and foremost, prioritizing your safety and limiting the spread of the coronavirus is the

main priority. There, please follow the latest CDC instructions on how to avoid COVID-19.

* Stay home when sick.
* Cover coughs and sneezes with a tissue or use the inside of your elbow.
* **Wash your hands often** with soap and water for 20 seconds. Always wash immediately after removing gloves and after contact with an ill person.
* **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
* Limit close contact with others as much as possible (at least 6 feet).
* **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.
* Avoid touching your eyes, nose and mouth with unwashed hands.

If you are feeling unwell or are in one of the at-risk categories, please take care of yourself and those around you by staying home. Your safety should be your number one priority

and our collective aim is to limit the spread of COVID-19.