

## Checklist for things to consider when volunteering in a pandemic



### CHECKLIST

Stay up to date with all of the information from trusted authorities to remain informed about the pandemic. During the 2020 COVID-19 pandemic [Queensland Health](#) and the [Department of Health](#) were the main trusted sources of information.

Practice good hygiene at all times to stop the spread.

Consider your own personal circumstances, health and wellbeing, and if it is safe for you to continue to volunteer? During the 2020 COVID-19 pandemic, there were a number of people who were considered at risk to the pandemic, that list can be viewed [here](#).

Determine whether you would like to continue to volunteer and if you are open, agile and flexible to your volunteering role being modified, for example volunteering remotely from home.

Maintain communication with your volunteer organisation to ensure they know your plans, and you know their plans.

Regardless of whether you are continuing to volunteer or not, keep in touch with your volunteer organisation so that the valuable connections and contributions you have made can resume when the situation changes.

If you have capacity to take on additional volunteering roles, register as an emergency volunteer so organisations who are looking for volunteers to assist can contact you: [www.emergencyvolunteering.com.au/qld](http://www.emergencyvolunteering.com.au/qld)

Ensure you prioritise your health and wellbeing (see the section on [How to Maintain Mental Wellbeing and Stay Connected](#))

Ensure you are prepared to get through the pandemic by working through the [Person Centred Emergency Preparedness Tool](#)

