

NPH INTERNATIONAL

VOLUNTEERING DURING COVID-19

GUIDELINES



JULY 2021



NPH
INTERNATIONAL

COVID-19 TESTS

Many countries in the region require travelers to provide proof upon arrival of a negative COVID-19 test taken within days of entry, even if you are vaccinated against COVID-19. Volunteers must assume any costs related to pre-arrival COVID-19 tests.

Several types of COVID-19 tests are available through private health systems in countries where NPH operates.

Volunteers are expected to participate in COVID-19 screening tests by NPH health teams during their volunteer service, as needed.

If a volunteer is in need of a COVID-19 test and the NPH home cannot provide the test, the volunteer must assume all costs of the test not covered by his or her health insurance.

MOBLITY INSIDE AND OUTSIDE OF THE NPH HOME

Volunteers will have limited opportunities to leave the NPH home, whether for vacation or for weekends off. Most tourist destinations in the region are closed or have limited hours for visitors.

Volunteers may be subjected to quarantine if they leave the NPH property (applies to unvaccinated individuals).

Volunteers will have limited opportunities to purchase food outside of the NPH home, meaning that volunteers will have to make do with the meals NPH provides.

Volunteers may be required to social distance from certain groups within the NPH home, meaning they may be able to interact only with certain populations to help prevent a widespread outbreak.



IV. STAYING WELL DURING COVID-19



PREVENTION

Volunteers are required to join us in practicing all prevention measures to keep COVID-19 at bay, including:

- Consistent hand washing.
- Respiratory hygiene practices (i.e., coughing and sneezing into one's elbow).
- Social distancing.
- Use of face masks.
- Self-isolation when ill.

RISK FACTORS

Volunteers are required to submit a completed health statement filled out by their attending physician for review by NPHI before departure.

Volunteers who have been diagnosed with a pre-existing condition that puts them at risk for severe illness related to COVID-19 will not be accepted to the NPH volunteer program at this time.

Volunteers are encouraged to read guidelines set by the CDC and WHO for more information on COVID-19 infection and risk factors.

MENTAL HEALTH

The "new normal" we are living at NPH can induce feelings of stress, isolation, anxiety, loneliness, frustration, and even boredom for volunteers. It is of utmost importance that prior to departure volunteers consider these feelings that they may face. Furthermore, all adults at NPH must be as resilient and flexible as possible in light of this new normal.

NPH is committed to supporting the volunteers' emotional well-being as they navigate this new normal. Nonetheless, if a volunteer feels their mental health may be exceedingly negatively affected by the mandated protocols and the current situation inside NPH homes, then the volunteer should consider deferring application to the program to a future date when the impact of the pandemic has lessened.

It is important for volunteers to identify activities and other coping strategies that will make the adaptation process easier. Please contact us if you have any questions or concerns about volunteering with NPH as it relates to your mental health.

INFECTION

Volunteers have access to primary healthcare services provided by NPH clinics at no cost to the volunteer.

Volunteers who become infected with COVID-19 will be evaluated by the NPH health team on-site. The volunteer and the health team will decide whether the volunteer can be treated at NPH or should seek care outside of NPH.

NPH purchases health insurance with international coverage for all volunteers. Any costs related to COVID-19 treatment not covered by the volunteer's insurance must be paid for by the volunteer.

Positive COVID-19 test results are reported to the government of the country. Therefore, volunteers should expect to be subjected to the processes and protocols of the government of the country of service, including but not limited to contact tracing and quarantine.



VACCINES

Countries where NPH operates are currently implementing COVID-19 vaccination campaigns. Each country's government is deciding which vaccines to purchase and which population groups will be prioritized for vaccination. Ask your local volunteer coordinator for more information on the country where you will serve.

NPH International requires that volunteers be vaccinated prior to beginning service. If a volunteer has not had the opportunity to receive the vaccination in their home country prior to joining NPH, we will accept the volunteer into our program on the grounds that the volunteer agrees to receive the vaccine in the country of service as soon as it is available to them. Volunteers must assume any costs of vaccination not covered by their insurance or by the government. If you are already vaccinated, please bring your vaccine card with you when you travel to NPH.

Volunteers who are vaccinated must still engage in all prevention methods listed on the previous page under the section "Prevention."

For more information about COVID-19, visit www.who.int



VOLUNTEERING DURING COVID-19 GUIDELINES

I HAVE READ AND FULLY UNDERSTAND THE NPH INTERNATIONAL VOLUNTEERING DURING COVID-19 GUIDELINES RELATING TO THE FOLLOWING TOPICS:

- Latin America during COVID-19
- Quarantine
- Mask Use
- COVID-19 Tests
- Mobility Inside and Outside of the NPH home
- Anti-COVID-19 Prevention Measures
- Risk Factors for Severe COVID-19 Infection
- Infection by COVID-19
- COVID-19 Vaccines
- Mental Health during NPH Volunteer Service

FURTHERMORE, I UNDERSTAND THE FOLLOWING:

- I accept full responsibility for my actions, my safety, and my well-being during my volunteer service.
- I am able and willing to terminate my volunteer year with NPH early out of concern for my health and well-being. I will assume full financial responsibility for my return home.
- I understand that border closings around the world are possible and could prevent my ability to exit the country of volunteer service or return to my country of origin.
- I understand that NPH homes implement health and safety protocols which I must strictly follow with no exception.
- I am aware that public health systems in Latin America and the Caribbean are unsuited to adequately respond to a pandemic and to care for me if I were to get sick and need hospital care.
- I understand that NPH protocols will dramatically limit my mobility, work, and recreational activities.
- I understand that public health officials may issue proclamations with which I will be required to comply.

Full Name: _____

Signature: _____

Date: _____