



Policy: Meals On Wheels staff will utilize federal, state, and local health department guidelines and recommendations when developing procedures related to health and safety of staff, volunteers and clients.

Communicable Disease Protocols

With guidance from the Tarrant County Public Health Department, the following protocols have been developed for the control of communicable diseases. These procedures have been developed to ensure the safety of our clients, volunteers, and staff and should be followed to help control the spread of germs.

Communicable diseases can be transmitted one of two ways: by air or by the exchange of bodily fluids (i.e. blood, fecal matter, urine, vomit, etc.) The following procedures have been developed depending on how a disease is known to be transmitted.

Illnesses communicated by air (examples: cold, flu, TB, etc.)

1. Follow protocols issued by the CDC, which includes frequent hand washing or using hand sanitizer to prevent the spread of germs. It is recommended that staff and volunteers wash or sanitize their hands after each interaction with a client. Hand sanitizer should be at least 60% alcohol.
2. Practice social distancing by maintaining a distance of three to six feet from other people to help minimize the risk of infection. Note: this policy does not imply that there be no contact at all within a 6' radius. For instance, while maintaining an appropriate distance, volunteers or staff may extend their arms to hand a meal to a client.
3. If a staff member or volunteer is actively exhibiting symptoms of an air-transmissible illness, such as coughing, sneezing, severe headache, etc. **with an elevated body temperature** and feels their condition might be contagious, it is highly encouraged that the staff person or volunteer stay at home until the fever and /or symptoms have resolved for at least 24 hours to avoid endangering fellow staff members, volunteers, or clients.

Illnesses communicated by exchange of bodily fluids (examples: AIDS, Ebola, etc.)

1. Follow protocols issued by the CDC which includes frequent hand washing or using hand sanitizer with at least 60% alcohol to prevent the spread of germs.
2. If there is an emergency or an immediate need for help, please call 911.
3. Never touch bodily fluids or an open wound on a client.
4. If a volunteer or staff member has an open wound, it must be covered while visiting clients or delivering meals.

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