



## **Guidelines for UMVIM Project Sites and Leaders During COVID**

United Methodist Volunteers in Mission—Oregon-Idaho Annual Conference  
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The first General Rule as United Methodists is to “do no harm.” United Methodist Volunteers in Mission leadership understands that many project sites rely on teams to assist in serving the community. These teams come from nearby, from another state, sometimes from another country. One of the worst unintended effects of mission work throughout the ages has been the spread of infectious disease. All want to serve. All sites should adhere to public health and safety protocols to protect employees, homeowners, and missionaries.

### **Fully Vaccinated Volunteers**

**If you have been fully vaccinated, you can resume activities that you did prior to the pandemic.**

- In general, people are considered fully vaccinated:
  - 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
  - 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine
  - If you do not meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.
- Fully vaccinated people can resume activities without wearing a mask or staying 6 feet apart, but you will still need to follow all state and local recommendations or requirements. Check with your site host for this information.

**You should continue to do the following even if you have been fully vaccinated:**

- If you travel, you will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations.
- If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.

- You should still watch out for symptoms of COVID-19, especially if you have been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all precautions to prevent COVID-19.

## **Unvaccinated or NOT Fully Vaccinated**

**If you are not fully vaccinated continue to follow the safety guidelines as described by the CDC.**

- Important Ways to Slow the Spread
  - Wear a mask that covers your nose and mouth to help protect yourself and others.
  - Stay 6 feet apart from others who do not live with you.
  - Avoid crowds and poorly ventilated indoor spaces.
  - Wash your hands often with soap and water. Use hand sanitizer if soap and water are not available.
  - The COVID-19 vaccine is recommended to serve on an UMVIM team.

### **Domestic Travel Recommendations for Unvaccinated People:**

- Before you travel:
  - Get tested with a viral test 1-3 days before your trip.
- While you are traveling:
  - Wear a mask over your nose and mouth. Masks are required on planes, buses, trains, and other forms of public transportation traveling within the United States and in U.S. transportation hubs such as airports and stations.
  - Avoid crowds and stay at least 6 feet (about 2 arm lengths) from anyone who is not traveling with you.
  - Wash your hands often or use hand sanitizer (with at least 60% alcohol).
- After you travel:
  - Get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.
  - Even if you test negative, stay home and self-quarantine for the full 7 days.
  - If your test is positive, isolate yourself to protect others from getting infected and contact your Team Leader.
  - If you do not get tested, stay home and self-quarantine for 10 days after travel.
  - Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.
  - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms. Contact your Team Leader if the results are positive.

## International Travel for Both Vaccinated and Unvaccinated

- You need to pay close attention to the situation at your international destination before traveling outside the United States.
- The State Department issues travel advisories based on health and safety concerns. Travel to countries at a Level 4 travel advisory is prohibited. Team insurance is not available for mission service in these countries.
- You do NOT need to get tested before leaving the United States unless your destination requires it.
- Negative COVID-19 test required for all air passengers coming to the United States, taken within three calendar days of departure, or proof of recovery from the virus within the last 90 days. Airlines must deny boarding of passengers who do not provide documentation of a negative test or recovery.
- If you do travel, follow all CDC recommendations before, during, and after travel.
- You should get tested again 3-5 days after international travel.
- You do NOT need to self-quarantine after arriving in the United States.
  - If you have been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
- Fully vaccinated travelers should still follow CDC's recommendations for traveling safely including:
  - Wear a mask over your nose and mouth
  - Stay 6 feet from others and avoid crowds
  - Wash your hands often or use hand sanitizer
- Go to CDC website for a listing of countries and their travel restrictions and requirements at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>

## General Guidance for all Team Leaders

- All team leaders complete Team Leader training and register the team with your Annual Conference Coordinator or on the Western Jurisdiction website.
- Check with your local health department and the site host for the current rules and restrictions for the area you are traveling from and to.
  - Here is a website to help you identify your risk [CovidActNow](#)
  - Follow all state and local recommendations or requirements.
  - Where guidance from different authorities conflict with each other, follow the more restrictive protocols.
- Know if all the team members are fully vaccinated. If they are not then they must follow the CDC testing guidelines.
  - ***Vaccines are strongly recommended for everyone on the team.***
- Follow the guidelines of the CDC for travel both inside and outside the U.S.

- Do NOT travel if you were exposed to COVID-19, you are sick, you test positive for COVID-19, or you are waiting for results of a COVID-19 test. Learn when it is safe for you to travel. Do not travel with someone who is sick.
  - ***Consider whether you, someone in your household, or someone you will be serving are at an increased risk for getting very sick from COVID.***
- Work with your site host to:
  - Find out if you need to bring your own PPE supplies.
  - Learn what protocols the site is using if someone either a team member or client has tested positive to Covid and exposed others.
- Make sure each team member has proper medical insurance. For teams serving in the U.S., UMMIM offers additional coverage for both domestic and international missions. Policies and terms of coverage vary by jurisdiction. Check with your jurisdictional coordinator for specific information.
- Each team member will sign the 'Medical and Emergency Contact' and 'Liability' Forms.
- Know the health infrastructure in the area where the team intends to serve and the location of the nearest hospital.
- Have a plan for canceling the journey or sending team members home if any team members are uncomfortable with the enforcement of safety protocols.
- Consider donations to the partner organization and organizing a virtual mission if it is not appropriate to physically travel to the project site.

## Hosting teams

- If you are planning to allow unvaccinated volunteers to serve at your site, we suggest that you adhere to the following guidelines:
  - Know the quarantine rules. Some states require travelers to quarantine or provide proof of a negative COVID test, or proof of vaccination before or after arrival. Have a plan to ensure compliance.
  - Follow CDC guidance on cleaning and disinfecting your facilities. <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
  - Post reminders for hand washing, awareness of symptoms, etc.
  - Improve air circulation in all common areas. [See CDC guidelines for best practices on interior ventilation.](#)
  - Provide prevention supplies:
    - hand sanitizer
    - disposable facemasks
    - eye protection
    - cleaners and disinfectants
    - gloves for food preparation and cleaning

- Unvaccinated volunteers should work on exterior projects only. Make accommodations for port-a-potties so unvaccinated volunteers do not have to enter a home.
- Other considerations:
  - Avoid buffet-style meal service. Have kitchen crews prepare dishes. This includes sack lunch preparation.
  - If the dishwasher does not meet standards for sanitation, consider asking teams to bring paper products (not Styrofoam) to be discarded after each meal. Provide adequate trash receptacles.
  - All touch surfaces should be thoroughly wiped down, when the team arrives and as they prepare to leave, with approved cleaners.
  - Consider ways to assure safe distancing on the work site, in the dorm, dining area, and meeting space.
  - If possible, provide washer and dryer facilities for laundering expectations.
- Daily screening protocol:
  - Full [symptom check](#) for each missionary.
  - Ask about general health.
  - Ask if missionary has been in contact with anyone who had COVID-19.
- Wipe down all surfaces prior to welcoming teams.
- Arrange for outdoor projects to assure minimal contact between homeowner and team members (painting, deck or ramp building, landscaping, roofing). Make accommodations for rest room facilities so team members do not have to enter the home. (i.e.: port-a-potties)
- Indoor projects should only be undertaken with extreme caution. Adhere closely to indoor gathering limits and ventilate the space using outside air. Gloves and masks should be always used when indoors on a project site. KN-95 masks are preferred.
- Have a plan in place to safely transport a team member who develops symptoms of COVID-19.
  - Provide space for isolation if someone reports symptoms.
  - The team member exhibiting symptoms should contact his/her health care provider as soon as possible.

Questions or concerns? [Contact your annual conference UMVIM Coordinator or your Jurisdictional UMVIM Coordinator.](#)