

Overview

One of Cambridge Neighbors' top priorities is the safety of members and volunteers in all interactions. Our guidelines/protocols are based on recommendations from the Centers for Disease Control and Prevention (CDC) and are predicated on recommendations from the Massachusetts Department of Public Health and Governor Baker's office.

Member & Volunteer COVID-19 Recommendations and Protocols

You are a valued part of our community at Cambridge Neighbors and, as such, we are concerned about your wellbeing especially in light of the recent escalation in COVID cases. Therefore, we urge you to take all recommended precautions when you are working directly with CN members.

- You must be fully vaccinated (ideally “boosted”) to continue as a direct-service CN volunteer at this time and members who receive such assistance are required to be fully vaccinated.
- If you are a driver, please wear a quality mask (preferably a KN-95*), have the member sit diagonally across from you in the back seat, and keep the windows slightly open (you might want to make an exception on a day like today!).
- If you are a volunteer visiting a CN member's home, please wear a quality mask (preferably a KN-95*) and ask that the member wear a mask as well. We will reinforce this requirement when taking service requests from members. Also, maintain a distance of at least 6 feet apart.
*CN has ordered KN95 masks which will be available to those of you who work directly with members or grocery shop, should you need them.
- Anyone who has any COVID symptoms, or have tested positive for COVID should not make any visits or receive any services.
- All members/volunteers must screen themselves for COVID-19 symptoms daily, which includes checking for: fever, headache, cough, runny nose, shortness of breath, sore throat, nausea, vomiting, loss of taste or smell or muscle aches.
- Fully vaccinated Members/volunteers will monitor their symptoms and will refrain from receiving/providing services until symptoms are resolved. Any member/volunteer who has shown symptoms are required to get tested for COVID-19 and/or follow current quarantine/isolation protocols before services can be resumed.
- Any member/volunteer who has been in close contact with someone known to be positive for COVID-19 is prohibited from receiving/providing member services until current quarantine/isolation protocols have been followed. Vaccinated individuals are required to monitor symptoms for 10 days following a known COVID-19 exposure.



Some Helpful Tips and Recommendations:

Cloth Masks Not Protective Enough Against Omicron COVID Variant, Expert Says
By Kate Merrill, January 10, 2022 , CBS News

With the Omicron variant spreading so easily, at least one expert says cloth masks just don't cut it anymore.

"The typical cloth mask might be 50 percent effective and that was OK before," said Dr. Linsey Marr, professor of civil&environmental engineering at Virginia Tech.

"It doesn't seem to be enough with Omicron. We have special masks called respirators, such as N95 that offer much greater protection. They're able to block 95 percent of particles that are either going out of your mouth or that you're breathing in," she said. [CLICK HERE FOR THE WHOLE ARTICLE](#)

Getting Tested if you have COVID Symptoms, or if you've been exposed...

There are two types of virus testing the general public can use, right now, to detect and confirm the COVID-19 virus in the body.

Antigen (Rapid) Tests can be purchased in places like your local drugstore (when not sold-out) or can be performed at point-of-care places. However, these types of tests have been shown to have varying levels of accuracy.

PCR tests are considered the gold standard test, according to Mass.gov, and test sites are run by labs/hospitals/or urgent care centers. Be cautious of "pop-up" sites in strip malls and such. Find out what lab or city government is behind the site. Many of these sites require standing in long lines, often in the cold. For this reason, going to a Drive-Thru testing site where you can stay isolated and warm in your car may be one good alternative. The other may be to call your doctor's office to see if they, or their affiliated hospital can perform the test for you with a scheduled appointment.

Some helpful links: Type in your State or your Zip Code to search for testing locations and details.

[Where Can I Get a Drive-Thru Coronavirus \(COVID-19\) Test Near Me? - GoodRx](#)
Find a test site by zip code: <https://www.mass.gov/info-details/find-a-covid-19-test>

<https://www.mass.gov/covid-19-testing>

CDC Links for Further Information

- Older Adults & COVID-19
- Symptoms of Coronavirus
- Ride Share Information for Drivers & Passengers
- Running Essential Errands
- What you can do if you are at higher risk for COVID-19