

SSP's Medical Advisory Council's Guidelines for COVID-19 Safety

Last updated January 27, 2022. See underlined sections for changes.

As part of SSP's commitment to improving the lives of those we serve and enriching the lives of our volunteers, SSP is taking steps to minimize the risk of transmitting the COVID-19 virus to our partner communities and among our volunteers and staff.

While federal, state, CDC, and local guidelines are likely to change in the coming months, at this time SSP plans a **multilayered approach to COVID-19 safety:**

1. **All SSP staff and volunteers must be fully vaccinated against COVID-19, including boosters as eligible.** We know this dramatically reduces the risk of COVID-19 infection and spread. We are aware some individuals wishing to volunteer may have medical or religious reasons for not being vaccinated, but due to the voluntary nature of SSP activities, we cannot expose our participants or partner communities to the additional risk from unvaccinated participants. The communities we serve with are also vastly medically underserved, and requiring vaccination for all participants adds an extra layer of protection to those without robust access to medical care.
2. **KN94, KN95, or N95 masks (not cloth) further reduce the risk of transmitting COVID-19 and will be required for all indoor activities except sleeping, actively eating and drinking, and times of personal hygiene. SSP is budgeting to provide two masks per person per day as needed.** Eating will be outdoors whenever possible. Sleeping will be separated by group, without mixing among groups. Some outdoor sleeping arrangements may be available depending on the site.
3. **A negative COVID-19 test is required within 3 days of departing for your SSP experience.** This further reduces the risk to your fellow volunteers and partner communities. You will need to arrange the testing: both antigen and PCR testing are acceptable. Bring a copy of your negative test result with you when you check in with staff upon arrival. In addition to pre-trip testing, SSP will provide rapid tests on site as needed.
4. **People with a new cough, sore throat, loss of taste or smell, or fever during the week prior to their planned SSP session must not participate** unless they have a physician's note with an alternate diagnosis, including a negative PCR test for COVID-19.

Stay tuned for site specific details and plans related to cohorting and work teams. To ask a question about SSP's COVID-19 safety plans, you can email the Medical Advisory Council at MAC@SierraServiceProject.org.

Prepared by SSP's Medical Advisory Council which consists of these individuals:

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- **David Herbert, MD**, President and CEO of Sutter Independent Physicians (present), Chief of Infectious Diseases, Director of Critical Care, Assistant Physician in Chief at Kaiser Permanente (1989 to 2015)
- **Sophia Larriva**, graduate of Emory University Physician Assistant Program
- **Kelly Shriver**, second-year medical student at Kaiser Permanente Bernard J. Tyson School Of Medicine
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