

## What can you do to help?

### Guidance for Nurses Who Want to Volunteer

(as of 3/27/2020)

#### Nurses who want to volunteer:

- First and foremost, assess your own health status.
  - Are you older and do you have any underlying conditions that may put you at greater risk should you contract the virus?
  - We are seeing more cases of younger individuals contracting the virus. Regardless of age, do you have any underlying condition(s) that may put you at greater risk should you contract the virus?
  - Assess your ability to work a 12-hour or 8-hour shift.
  - Remember to take an adequate supply of medications or other necessary essentials.
- Are you a principle caregiver or provider for another individual/s?
  - Is this person someone who has underlying conditions that may put them at greater risk should you contract the virus and bring it back into your home?
  - Have you arranged for safe child or elder care should that be needed?
  - Will these arrangements last for your entire deployment?
  - Could these arrangements be extended should you get sick?
- What is the status of your nursing license?
  - Some states have or are considering easing restrictions on nurses who may travel into the state. It is important to know the specific rules that are being enforced during the pandemic. Refer to the National Council of State Boards of Nursing ( <https://www.ncsbn.org/index.htm>) for additional information.
  - If your nursing license is inactive, you will need to determine if your state or the state in which you are planning to work has made provisions to reactivate inactive nursing licenses.
- If you are traveling out of your home state, consider how you plan to house and feed yourself while you are working in another location.
  - It is best to volunteer or work through an organization that is supporting the pandemic by coordinating volunteer health care workers.
- What is your plan should you become sick with COVID-19?
  - If outside your home area, would you plan to travel home?
  - If you are not able to travel home, have you considered how you would care for yourself without access to your normal support network and healthcare providers?
- If you are an ANA member, consider connecting with your state nurses association or the state(s) where you intend to serve.
- Are you being asked to volunteer using technology?
  - How familiar are you using tele-health technologies?
  - Do you know the nurse licensure laws that may be in place when caring for remote location patients via telehealth services?