

## Medical Paperwork Checklist

**Once these items are received by Mary Dumke, you will be contacted to schedule Physical Day:**

1. Copy of recent physical from a Doctor (1 year or less) and authorization from them to perform volunteer duties. It must state “ok to volunteer without restrictions,” which can be on a separate form.
2. Proof of MMR immunizations (either proof of 2 immunizations or proof of titre). If born before 1957, only 1 is needed.
3. Proof of a flu shot or the shot will be provided during Physical Day (next step). If a flu shot is refused, the Volunteer must sign the GHRC Vaccination Evaluation and Consent/Declination form and wear a protective mask (during designated flu season per the CDC) upon entering and during the entire visit to GHRC.
4. PPD:
  - a. If they recently had a PPD, they can provide proof and that will count as step 1 for the two-step process
  - b. If they have previously experienced a positive PPD – they must provide their chest x-rays, given within the last 5 years
  - c. They may also opt to get a blood test from their Doctor if they don’t want the test/shot, and then provide that proof

**OR**

- d. The PPD series will be administered by The GreenFields.

**Dress Code - Please do not wear/use these items while volunteering:**

Sweatshirts or t-shirts	Visible undergarments
Mini-skirts, shorts	Jeans and clothing of denim material
Fanny packs	Clothing with objectionable slogans
Hoop or dangling earrings	Excessive hair ornaments
Personal cell phone or pager	Hand-held electronic devices (iPods, MP3 players)

**Any questions?**

**Please contact Mary Dumke, Development and Volunteer Coordinator**  
**Phone: (716) 684-0202, ext. 1802 Email: mdumke@niagaralutheran.org**

*Looking Forward To Having You Join Us!*