

## Side 1:

# Tips for volunteers supporting their communities during the coronavirus situation

### Protecting Your Health When Volunteering

Please stay at home and **do not volunteer** if you are:

- Aged 70 or older (regardless of medical conditions)
- Under 70 with a long-term health condition and instructed to get a flu jab as an adult each year on medical grounds
- Pregnant
- Have any coronavirus symptoms (either a high temperature or new continuous cough) or live with someone who does.
  - If you have symptoms, you'll need to stay at home for 7 days
  - If you live with someone who has symptoms, you'll need to stay at home for 14 days from the day the first person in the home started having symptoms

National guidance is update regularly, so please visit [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) for the latest health information and advice.

You can prevent catching or spreading coronavirus by:

- Washing your hands with soap and water often for at least 20 seconds, use hand sanitiser gel if soap and water are not available
- Regular handwashing is recommended over wearing gloves because they can become contaminated just the same as hands can
- If you need to sneeze or cough, cover your mouth and nose with a tissue or your sleeve (not your hands) – dispose of tissues and wash your hands
- Do not touch your eyes, nose or mouth if your hands are not clean
- Practicing 'social distancing' – this means reducing contact with others where possible such as avoiding public transport or crowded areas
- If you become unwell whilst volunteering and develop any of the coronavirus symptoms, please inform your coordinator or a colleague immediately and go home to self-isolate. Use the online coronavirus service <https://111.nhs.uk/covid-19/> to find out what to do. Only call 111 if you cannot get help online

## **Side 2:**

### **Staying Safe on the Doorstep**

- Avoid going inside a house - even when you are invited - and stay on the doorstep
- Avoid shaking hands and try and keep a minimum of 2 meters (3 steps) distance
- Try to work in a pair or groups if possible and remain within sight of each other
- Ensure that your coordinator knows where you are and when you expect to finish so they can check if you do not finish when expected
- Always carry a charged mobile phone and have the numbers of two fellow volunteers who are working in the area

If someone appears to be in need of additional help, please let your coordinator know ASAP, or call 999 in an emergency.

**Thank you for helping your community during this time of need.**