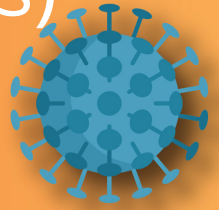


# COVID-19 (coronavirus)



## Guidance for volunteers in the community

Community volunteers have a vital part to play over the coming weeks and months. It is important to follow some basic guidelines to keep people safe and to ensure that those, potentially vulnerable, people who need support can trust the support available to them. If you are planning to volunteer or if you are self-isolating and need support, please read the following information carefully.

### If you are volunteering or plan to volunteer:

#### DO

- Check on family, friends and neighbours who are self-isolating to see if there is anything they need. You should do this via telephone, text, skype call or email to minimise any contact.
- Get in touch with our central co-ordination line 01925 246880 or email [info@warringtonva.org.uk](mailto:info@warringtonva.org.uk) if you want to be put in contact with volunteer groups already active in your local area.
- Ensure you regularly wash your hands and/or use sanitiser. Please see the diagram about how to do this properly on the other side of this leaflet.
- Try to always cough or sneeze into a tissue and put it in a bin immediately, following the 'catch it, kill it, bin it' guidelines. If you do not have a tissue sneeze or cough into your elbow and not your hands.
- Self-isolate following government guidelines if you do develop symptoms of a persistent cough or high temperature.
- Always keep some distance (at least 2 meters) between you and the person/ people you are supporting – this protects both them and you - and ensure you wash or sanitise your hands before and after handing over shopping/ a dog lead/ anything else or exchanging money.
- Take care of your own health and mental wellbeing and pace yourself - this is a new situation but it may continue for some time so take time for yourself and follow the guidance to protect yourself, then you can continue supporting those who need it over the coming months. Information is available at [MIND](#) and the local website [Happy OK Sad](#)
- Be vigilant about possible scammers who MAY try and target vulnerable people in your community. Report concerns to trading standards on 0808 223 1133.

#### DON'T

- Seriously consider not volunteering in the community if you are in one of the government's identified vulnerable groups (you are over 70, you have an underlying health condition or weakened immune system or if you are pregnant). Consider instead supporting others who are self-isolating by phoning friends and relatives, getting involved with online chat and support forums etc.
- If you are a smoker consider if it is wise to be a volunteer as Covid-19 is a disease that attacks the respiratory system so smokers are more likely to become unwell and find it more difficult to recover. If a smoker does volunteer they must be smokefree while on duty.
- Don't continue to volunteer in the community if you feel unwell, especially if you develop symptoms of Coronavirus yourself. If you do develop symptoms, please follow the government guideline regarding self-isolation.
- Don't take someone else's debit card or allow them to share their PIN with you. If possible when collecting shopping for someone, buy it, keep the receipt and have them repay you when you drop it off.



# Coronavirus

**Wash your hands with soap and water more often for 20 seconds**



**Palm to palm**



**The backs of hands**



**In between the fingers**



**The back of the fingers**



**The thumbs**



**The tips of the fingers**

Use a tissue to turn off the tap.  
Dry hands thoroughly.

**CORONAVIRUS**

**PROTECT  
YOURSELF  
& OTHERS**