

Guidance for volunteers and voluntary organisations supporting people during the COVID-19 outbreak in Tameside and Glossop

During the COVID-19 outbreak the role of people, communities and voluntary and community sector organisations is vital. This briefing provides some simple advice on supporting people safely. For more detailed advice on Covid-19 visit www.gov.uk/coronavirus

- If you develop a high temperature or a new, continuous cough, you should self-isolate for 7 days from when your symptoms started if you live alone. If you live with others and are the first person to get symptoms, this is still 7 days, but all other household members who remain well must self-isolate for 14 days. You should not volunteer outside of your home during this period;
- If you are in a higher risk group as advised by the government (those aged over-70 or usually eligible for the flu jab, or more medically vulnerable groups) then you should avoid contact with others and should not volunteer outside of your home;
- Good hand hygiene is incredibly important. You should wash your hands with warm soap and water for a minimum of 20 seconds at the start and end of your volunteering activity, and at regular intervals where possible. You should also wash your hands between activities that involve you touching shared surfaces, e.g. delivering shopping;
- You should avoid touching your face;
- Should you cough or sneeze you should do so into a tissue and this should be disposed of and hands washed;
- Use alcohol hand gel when out and about when handwashing facilities are not available;
- If you have to work in an area with other people, e.g. a foodbank you should make sure that people stay 2 metres apart. You should keep surfaces clear from clutter and clean them regularly;
- If you are supporting people with deliveries then call/text ahead to make sure that people are aware you are coming. Deliveries should be left on the doorstep and you should be at least 2m from the door when it is opened;

Guidance from Action Together

<https://www.actiontogether.org.uk/covid-19>

Further information

If you have any specific questions please email Action Together at development@actiontogether.org.uk