

## How to help safely – Community Volunteers

We know that many people will want to volunteer to support their local communities, either individually or as part of an organised group. It is important it is done safely for all involved. This '**how to help safely**' guidance explains this.

It is vital to remember that government guidance now states that you must stay home to protect the NHS and save lives, except for very limited purposes. Whilst you can still provide care or help to a vulnerable person, you must avoid all non-essential contact.

First of all, consider whether the support you are looking to provide is essential. Are there already other organisations or charities arranging support for vulnerable members of your community? You could consider supporting a local volunteers network to avoid duplication of efforts. **Get in touch with us so we can all work together for the people of Burnley. Call us on 01282 686402 to tell us how you'd like to help.**

If you can avoid leaving the house yourself then this might be the best part you can play in preventing the spread of the virus.

If you still feel there is an essential need to provide support to someone in your community then please stick to the following advice:

- Are you showing any symptoms? If you are, then you must stay at home and self-isolate as per Government guidance.
- Have you been in contact with someone showing symptoms or confirmed with Coronavirus? If so, you should self-isolate and remain at home at all times.
- When you're out and about, carry an alcohol-based hand sanitiser or sanitising wipes which you can use to sanitise hands regularly until you have access to hand washing facilities again. Please remember that gels and hand wipes are not a replacement for hand washing.
- Remember that the virus can survive on surfaces, including money, so try to avoid touching surfaces or handling cash. Follow the guidance on hand washing and avoid touching your face.
- You should go shopping for basic necessities, for example food and medicine, as **infrequently** as possible.
- Leave supplies at the door, where possible, to avoid entering another household and unnecessary contact with others.
- If it is essential for you to enter a household (e.g. if the householder cannot collect the deliveries from the doorstep themselves) then you must stay 2m away from them and spend as little time as possible inside their house to protect both you and them.
- Wash your hands as soon as possible after leaving the property. Avoid touching your face until you've washed your hands.
- If you are working with others doing the same service, please keep a 2m distance from them and make sure you all take the same precautions.
- If you are buying goods, take some precautions like keeping records of money spent and providing shopping receipts to support you in helping your neighbourhoods whilst protecting vulnerable residents.