

## Supporting people affected by COVID-19 - checklist for local volunteers

Many residents are looking to volunteer to help others living in their homes who are affected by coronavirus (COVID-19). The following checklist has been developed by Camden & Islington Public Health to help prevent further spread of the infection while volunteering. The checklist draws on available national guidance.

### 1. Do any of the following apply to you?

- **I have a temperature or a new continuous cough and I live on my own**  
– please stay at home for 7 days
- **Someone in my household has a temperature or a new continuous cough** – please stay at home with all household members for 14 days from the day the first person got symptoms
- **I am aged over 70**
- **I am an adult with an underlying health condition**
  - Long-term respiratory diseases – such as asthma or chronic obstructive pulmonary disease
  - Long-term heart disease – such as heart failure
  - Kidney disease
  - Liver disease – such as hepatitis
  - Neurological conditions – such as Parkinson’s disease, motor neurone disease, multiple sclerosis, a learning disability, or cerebral palsy
  - Diabetes
  - Problems with your spleen – such as sickle cell disease, or your spleen has been removed
  - Weakened immune system – resulting from conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
  - Seriously overweight (body mass index of 40+)
  - Clinical conditions that put you at higher risk of severe illness<sup>1</sup>
- **I am pregnant**

**If Yes to any of the above, please do not volunteer where you will come into direct contact with other people**

**2. If none of the above apply to you, please follow the good handwashing and respiratory hygiene principles on the next page**

<sup>1</sup> These clinical conditions include: having received an organ transplant & on immunosuppression medication; have cancer and on active chemotherapy or radiotherapy; being treated for a cancer of the blood or bone marrow; have severe chest conditions such as cystic fibrosis or severe asthma; severe diseases of body systems, such as severe kidney disease needing dialysis

- **wash your hands more often** - with soap and water for at least 20 seconds or use a hand sanitiser when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food
- **avoid touching your eyes, nose, and mouth** with unwashed hands
- **avoid close contact** with people who have symptoms
- **cover your cough or sneeze with a tissue**, then throw the tissue in a bin and wash your hands
- **clean and disinfect** frequently touched objects and surfaces in your home

### **3. Further considerations while volunteering**

- Avoid physical contact with people
- Avoid face to face conversations, where possible. If conversations are an important part of volunteering support, please try to stay more than 2 metres away from the vulnerable person. If you are indoors, please limit conversations to less than 15 minutes
- If appropriate and possible, look to have a window open if you're volunteering in a room for a long time
- Leave any items on the doorstep when delivering them to someone
- Avoid going into someone's home
- Wash your hands fully before and after each interaction, or use a hand sanitiser if this is not possible
- Ask the person you are helping to wash their hands too (particularly after they have received a home delivery)

**17/03/20**