

# Coronavirus COVID-19

## Safety precautions for volunteers

- **Stay in when you're supposed to** - if you need to self isolate, make sure you only volunteer from the comfort of your home and follow the self isolation guidance.
- **Social distance** - when you are working with other people, follow the social distancing guidance, staying at least two metres apart
- **Wash your hands** - make sure you wash your hands for at least 20 seconds before and after coming into contact with other people.
- **Shop only for basic necessities** - such as food and medicine. Shop as infrequently as possible.
- **Don't enter people's homes** - leave any deliveries outside the house.
- **Avoid handling money** - keep records of money spent and provide receipts. Wherever possible pay for purchases with a contactless card and take payment by bank transfer, or alternatively by cheque.
- **Don't take someone else's bank card** - or allow them to share their PIN with you.
- **Don't continue to volunteer if you feel unwell**