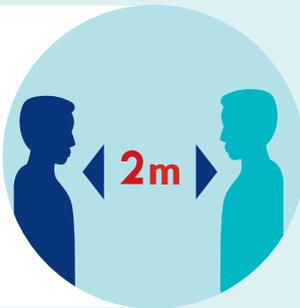


Quick Reference Guide for Volunteers entering individuals' homes

You should not carry out voluntary work if you have symptoms of COVID-19 (a high temperature and/or a new continuous cough)

Please remember – when interacting with people at home always...

Keep a minimum distance of 2 metres where possible



Wash hands frequently (for at least 20 seconds) or use hand sanitizer with a minimum of 60% alcohol



Clean surfaces frequently including door handles, rails, hoists etc.



Avoid touching your face, nose and eyes



Volunteers should not provide assistance and support within 2 metres except in an emergency



ADPH London



When do you need PPE?

If you are visiting any household where any member of the household is showing symptoms of COVID-19 (and self-isolating) or you are unable to make an assessment of COVID-19 status and you cannot maintain 2 metres social distance

or

If you are visiting a household where any member of the household is in the **extremely vulnerable group** advised to shield*

What PPE should you use?

- Disposable gloves
- Disposable plastic apron
- Fluid repellent surgical mask (*you may use a simple surgical mask if you are visiting a household where someone is extremely vulnerable and advised to shield, and no one has COVID-19 symptoms)
- You do not need eye protection

Safe use and disposal of PPE

- Follow the **guidance** on how to safely put on / take off PPE
- Use new gloves and apron for each household
- You can safely use a mask between households (on foot, by car or public transport) if you:
 - Don't touch the mask or lower it from your face
 - Change if it becomes soiled, damp, damaged or uncomfortable
 - Change when you need to remove the mask e.g. to drink, eat or take a break
 - Face masks can be worn for up to 8 hours
- To safely dispose of PPE, double bag used apron, gloves and mask
- Set aside from other waste for 72 hours before disposal in general waste
- Wash your hands after taking off PPE and handling waste



**Guidance based on PHE advice 30 April 2020 and subject to change.
Always check for updates on the [gov.uk](https://www.gov.uk) website.**

If you have concerns about your visit or PPE please speak to your manager.