

CARING FOR PEOPLE GROUP - ARGYLL AND BUTE  
LOOKING AFTER PEOPLE AFFECTED BY  
**CORONAVIRUS (COVID-19)**  
**VOLUNTEER TIPS - FOR ALL**

 **DO NOT VOLUNTEER IF YOU OR MEMBERS OF YOUR HOUSEHOLD HAVE COVID-19 SYMPTOMS, OR ARE IN THE 'STAY AT HOME PHASE'.**

(check definition and symptoms at <https://www.nhs.uk/conditions/coronavirus-covid-19/>)

 **YOUR SAFETY AND LIMITING THE SPREAD OF THE VIRUS IS PRIORITY. DON'T PUT YOURSELF OR OTHERS AT UNNECESSARY RISK.**



Face coverings must be worn inside shops, on public transport, and in enclosed spaces wherever 2 metre social distancing is not always possible.



Carry cleaning products like disinfectant wipes to clean supermarket trolley and basket handles. Clean *everything* you come into contact with e.g. the clean car door handles, car boot, gear stick, hand brake, magazines, etc.



Under most circumstances, the amount of infectious virus on any contaminated surfaces is likely to have decreased significantly after 72 hours. It's important to clean surfaces and wash hands frequently, and avoid touching your face throughout your day.



Wash your hands with soap and warm water for at least 20 seconds, and often (setting a reminder on your phone can help ensure this). Use hand sanitiser gel if soap and water are not available. Wash your hands as soon as you get back home - before touching anything.



To keep your hands clean on the go carry warm water in a container, a basin, soap and paper towels if you can't access a tap or hand sanitiser gel. Bag and bin any used paper towels.



Maintain at least two metres distance between yourself and others (including co-volunteers and those receiving a delivery).



If you have been outside your home and around others, shower with warm soapy water and wash your hair when you get home. Wash clothes. Clean door handles and anything you may have touched on entry to your home with disinfectant wipes. Having washed your hands, go back out to your car and use disinfectant wipes to clean your car handles, steering wheel, handbrake and gear stick if you drove home.



Coronavirus (COVID-19) can cling to clothing. Don't shake dirty/worn clothing or face coverings. Wash them according to manufacturer guidelines at the warmest temperature, and make sure the clothes and reusable face coverings are completely dry before putting away or wearing again.