**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 –** 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
* **I am aged over 70**
* **I am an adult with an underlying health condition**
  + Respiratory diseases – such as asthma or chronic obstructive pulmonary disease
  + 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, 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[[1]](#footnote-1)
* **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 following good handwashing and respiratory hygiene principles**

* **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
* Leave any items on the doorstep
* Avoid going into someone’s home
* Wash you 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 receiving deliveries)

1. 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 [↑](#footnote-ref-1)