

Please note: If you have symptoms of corona virus do not agree to assist anyone else. See below.

Extracts from advice for volunteers from the NHS*

If you agree to drop off shopping, essential items or prescriptions...

- ✓ When you arrive at the person's home, sanitise your hands.
- ✓ Notify them you have arrived by knocking the door or ringing the doorbell and never enter a person's home. Leave items and receipt on the doorstep, step back at least 2 metres and wait for the door to be opened for the items to be collected.
- ✓ Request the person retrieves the shopping, leaves payment on the doorstep and closes the door. If change is required ask for this to be placed on the door step and retrieve when they have closed the door. Avoid any personal contact such as handshakes.
- ✓ When you leave a person's home, sanitise your hands and any money given where possible.

Completing errands

- ✓ Be cautious of crowded retail stores and pharmacies and shop sensibly.
- ✓ If using your car to deliver items then keep your car clean and disinfect the most used surfaces such as the steering wheel, gear stick and door handles.
- ✓ If using public transport, ensure that you minimise where possible what surfaces you touch and sanitise your hands wherever possible before and after taking any public transport.
- ✓ Use common sense and never put yourself into an environment where you feel there is a risk to yourself or others.

[*Further useful advice, which has been supplied to those who have registered as a volunteer with the NHS can be found here.](#)

Corona virus symptoms ([from NHS website](#))

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)