



Volunteer Centre

Sutton

Keeping yourself and others safe while volunteering

Last updated 02.11.2020

Following the announcement of national restrictions in England from 5 November 2020, the Gov.uk guidance states that you must stay at home **except for specific purposes** which include "to visit members of your support bubble or **provide care for vulnerable people, or as a volunteer**". You can [read the guidance in full here](#).

If you are volunteering during this period, please make sure you are following these steps to protect yourself and others.

HANDS - wash your hands your hands regularly (20 seconds) especially before and after you deliver any items to a person in isolation

FACE - wear a face covering

SPACE - keep 2 metres apart from people

Please download the free NHS COVID-19 app from [covid19.nhs.uk](https://www.covid19.nhs.uk)



Be careful about how you share personal information about yourself and other people.

Try to support people who live close to you to avoid travelling long distances or using public transport.



If you have coronavirus symptoms:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

Get a test and stay at home

Please contact the organisation you are volunteering for to report this as well.