

# Volunteering Safely During COVID-19

## ARE YOU WELL ENOUGH TO VOLUNTEER?

First and foremost, prioritising your safety and limiting the spread of the coronavirus is the main priority. We continue to encourage you to adhere to the latest HSE instructions on how best to avoid COVID-19, both in the work environment and at home. If you are feeling unwell or are in one of the at-risk categories please prioritise your own well-being and do not put yourself forward to volunteer.

### I want to volunteer but I don't want to put myself or anyone else at risk

Your safety should be your number one priority and our collective aim should be to limit the spread of COVID-19. If you are volunteering with an organisation, make sure that they have proper procedures and safeguards in place to protect you while you carry out your role, including a named supervisor you can go to. Don't be afraid to ask about this upfront before taking on any role.

If you are volunteering more informally at a neighbourhood level, perhaps by checking in on an elderly neighbour, follow HSE instructions on how to avoid the spread of COVID-19. Even though you want to help it is important not to put any vulnerable person at risk. Follow these simple steps:

## STEPS TO SAFE VOLUNTEERING

- 01** If you are offering to help someone in your community, especially someone you don't know, consider dropping a note through the letterbox with your name and phone number to let them know you are there to help.
- 02** Do not call to a vulnerable person's door unannounced – it could cause undue stress and worry for the person.
- 03** Be prepared that they might not want/need your offer of help at this time and don't be disheartened.
- 04** If someone has asked you to help them, do not enter their home unless absolutely necessary. If you are dropping off shopping or a prescription, simply call and let them know that you are at their door. Remember to practice social distancing, keeping a space of two metres between you and the person.
- 05** Always follow HSE guidelines around hand washing, sneezing/coughing into your arm or a tissue and practising social distancing.
- 06** If you have any symptoms of illness at all, do not interact with any vulnerable members of your community.