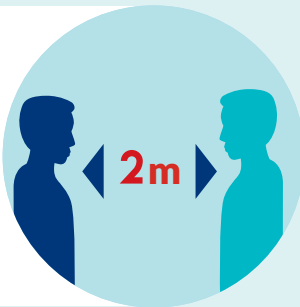


# Quick Reference Guide for Volunteers entering individuals' homes

You should not carry out voluntary work if you have symptoms of COVID-19  
(a high temperature and/or a new continuous cough)

**Please remember - when interacting with people at home always...**

Keep a  
minimum  
distance of  
2 metres  
where  
possible



Wash hands  
frequently  
(for at least  
20 seconds)  
or use hand  
sanitizer with  
a minimum of  
60% alcohol



Clean surfaces  
frequently  
including  
door  
handles,  
rails, hoists  
etc.



Avoid  
touching  
your face,  
nose and  
eyes



Volunteers should not provide assistance and support within 2 metres  
except in an emergency

## When do you need PPE?

If you are visiting any household where any member of the household is showing symptoms of COVID-19 (and self-isolating) or you are unable to make an assessment of COVID-19 status and you cannot maintain 2 metres social distance

**or**

If you are visiting a household where any member of the household is in the **extremely vulnerable group** advised to shield\*

## Safe use and disposal of PPE

- Follow the [guidance](#) on how to safely put on / take off PPE
- Use new gloves, apron and mask for each household
- To safely dispose of PPE, double bag used apron, gloves and mask
- Set aside from other waste for 72 hours before disposal in general waste
- Wash your hands after taking off PPE and handling waste

## What PPE should you use?

- Disposable gloves
- Disposable plastic apron
- Fluid repellent surgical mask (\*you may use a simple surgical mask if you are visiting a household where someone is extremely vulnerable and advised to shield, and no one has COVID-19 symptoms)
- You do not need eye protection



**Guidance based on PHE advice 22 April 2020 and subject to change.  
Always check for updates on the [gov.uk](#) website.**

**If you have concerns about your visit or PPE please speak to your manager.**