

HARC COVID-19 VOLUNTEER GUIDANCE

The team at HARC want to ensure that those undertaking volunteer roles as part of the project are safe.

As of the review of this policy, there are no COVID-19 restrictions in the UK.

- If you have COVID-19 you should try to stay at home.
- Most people cannot get free COVID-19 tests. You can buy tests in shops, but you cannot report the result to the NHS.
- You can [get vaccinated against COVID-19 by the NHS](#).

Infection prevention

To help protect yourself, people you are volunteering with, and our guests, ALL staff and volunteers must practice universal infection control precautions-

- Wash your hands with soap and water before, during and after volunteering. Do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in a bin immediately and wash your hands afterwards
- Always carry tissues with you in case you need to sneeze or cough
- Avoid physical contact with others and maintain two metres between you and other people
- Avoid touching your eyes, nose and mouth with unwashed hands
- Wash used cutlery and crockery thoroughly with hot water and detergent – dry it thoroughly immediately and put it away

Please note that the virus that causes coronavirus can remain on surfaces for several hours to days. These measures will greatly reduce the risk of someone becoming infected after touching contaminated objects or surfaces.

Surfaces

All staff and volunteers will be asked to clean as part of their role. All surfaces are to be wiped down after activities including high touch areas such as door handles, telephones, desks and computer keyboards. Sprays and cloths will be available for this.

What do I do if I become unwell whilst volunteering?

If you develop any of the Coronavirus symptoms, a high temperature or a new continuous cough, please inform the Project Manager immediately and go home to self-isolate.

- Keep at least 2 metres (3 steps) away from others
- Avoid touching anything
- If you are able to drive home, you should do so. If you have arrived by public transport or car share, you should arrange a taxi or a driver to take you home
- If you are seriously unwell and require medical attention, we advise you to be isolated while you wait for advice or an ambulance

You must stop volunteering if:

- You feel unwell, especially if you have symptoms of Coronavirus (fever/high temperature, a new and continuous cough, shortness of breath).
- You're asked to stop by a Project Manager