



Health and safety

Can I help?

You can only provide support to people who are in isolation if you fulfil ALL of the conditions below:

- You are well and have no symptoms like a cough or high temperature and nobody in your household does
- You are under 70
- You are not pregnant
- You do not have any long-term health conditions that make you vulnerable to coronavirus.

How can I help safely?

The single most important action we can all take, in fighting coronavirus, is to stay at home in order to protect the NHS and save lives.

When we reduce our day-to-day contact with other people, we will reduce the spread of the infection and save lives. This remains the case when you are helping others.

You should not go inside the homes of anyone they do not live with, especially vulnerable people or people who believe they may be infected and are isolating themselves. Breaking these rules could put you at risk of infection, or risk spreading it to others.

If you are picking things up for others, try to limit the amount of time you spend outside of their home by encouraging them to pick up essential items whilst doing your own shopping or collect medicines during the same trip.

You should stay 2m or six feet away from anyone they do not live with at all times. You should not share a car journey with anyone you do not live with.

You should regularly wash your hands with soapy water for at least 20 seconds.

If you or someone in your household has shown symptoms, or if you are more vulnerable to coronavirus, you must stay home. You can still play an important role but will need to do this from home.

How can I help prevent the spread of the virus?

Do

- wash your hands with soap and water often – do this for at least 20 seconds;
- always wash your hands when you go out and when you return;
- 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 the bin straight away and wash your hands afterwards; and
- try to avoid close contact with people who are unwell.

Don't

- touch your eyes, nose or mouth if your hands are not clean.

This short video on how to wash your hands thoroughly is really helpful: <https://youtu.be/80n4L80z7mM>

Tips for protecting your mental health

Here are some pointers for protecting your wellbeing during this time:

1. Keep in touch with friends and family - phone, WhatsApp, Skype, emails etc.
2. Limit the amount of time that you spend looking at the news/social media. Ensure it is from a reliable source and does not cause you too much stress.
3. Establish a routine – include some of the suggestions below:
 - Exercise – Fitness DVD, Wii fit, use equipment (exercise bike), online You Tube exercise classes, dancing, walking up and down stairs
 - Nature – If you have a garden or outside area spend time looking after it and relaxing in it. House plants, flowers, etc. If you can safely, have a short walk outside – as long as you are avoiding social contact
 - Entertainment & Relaxation – Books, jigsaws, TV, listen to music, play an instrument or sing, write a poem or short story, crosswords, colouring, painting, scrapbooking, make cards, baking
 - Do a focussed activity – Tidy a wardrobe, paint the hallway, sort through old photos, batch cook some of your favourite meals for the freezer
4. When things start to feel overwhelming, talk to someone

Use trusted sources of information

It's easy to become worried by online information, some of which may be deliberately designed to mislead people. Refer to trusted information from the [NHS](#), [Public Health England](#) or the [Department of Health and Social Care](#).

Further information can be found at:

<https://www.gov.uk/government/publications/coronavirus-how-to-help-safely--2/coronavirus-how-to-help-safely>

<https://www.gov.uk/government/publications/safeguarding-factsheet-community-volunteers-during-covid-19-outbreak>