

NORTH AYRSHIRE COMMUNITIES WORKING TOGETHER TO LOOK AFTER PEOPLE AFFECTED BY COVID-19



This is a short guide for those supporting community groups, organisations and individuals during the COVID-19 outbreak



3 Simple Steps to ensure you and the people you help are safe.

1. Wash hands for 20 seconds with warm soapy water before and after every contact. Watch the NHS video on hand washing here: <https://youtu.be/N9hCY-MldMA>
2. Be clear about what you can and can't offer.
3. Think about your safety and the person you are helping. Do not touch other people and wash hands after touching surfaces.

Before Volunteering

Consider, are you well enough to volunteer? Your safety and limiting the spread of the virus is priority.

Don't put yourself or others at unnecessary risk!

Keep up to date

Ensure you keep up to date with the latest Coronavirus updates by visit NHS Inform -

www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19

Hand Hygiene

Ensure you have access to hand washing facilities before and after every contact, or use hand sanitiser with 60% alcohol.

Avoid touching your face, especially your eyes, nose and mouth with unwashed hands. The virus can last up to 72 hours on untreated hard surfaces (like plastic and stainless steel), so regularly disinfect surfaces and door handles you come in contact with.

Always wash your hands properly before eating, and on returning to your home - before you touch anything or anyone.

Shopping

Shopping can be delivered to the doorstep, but please minimise any handling. If you can, wear disposable gloves and bin after each visit.

Ensure shopping bags are not heavy as an elderly person may not be able to lift them in. If possible, bag in small amounts. Ideally, wait to see the groceries being collected, and to ensure they are okay.

Keep a distance of 2 metres away, whilst they are being collected.

Wash your hands or use hand sanitiser before moving on to the next contact.

REMEMBER!

You will be working with vulnerable people, Please do not share any personal details on Social Media.

Money

It is understood that coronavirus can live on money for 24 hours. Consider how you can handle money safely and securely.

Volunteers should not take debit or credit cards from individuals, or take any PIN numbers for cards.

If possible, wear disposable gloves whenever touching cash. Cash to pay for shopping can be put in an envelope and posted in a box (e.g. tupperware tub). The box can be removed to a safe place and contents left untouched for 24 hours.

If you are giving change for shopping then you must inform the person you are supporting that their change is in an envelope in their shopping bag and they must leave it untouched for 24 hours before opening.