



# Faith in People Charity

Registered Charity 1176000

[www.faithinpeoplecharity.org.uk](http://www.faithinpeoplecharity.org.uk)

**COVID-19:** Guidance for **Faith In People Charity** Volunteers The following guidance has been adapted from advice from NHS England and Public Health England. 17 March 2020

## BACKGROUND

**Covid-19** is a coronavirus like **SARS** and **MERS**

### Transmission is via

- Aerosol droplets (within 2 meters)
- Coughing or sneezing **without** covering your hand using a disposable tissue
- Contact with contaminated feathers, animal waste/meat products both alive and dead
- Touching your face nose mouth
- Touching doorknobs, handrails on public transport, workstation equipment that is shared (current understanding is that the virus does not survive on surfaces for more than 72 hours).

## RETURNING TRAVELLERS

Stay indoors and avoid contact with other people immediately if you've travelled to the UK from:

- Hubei province in China in the last 14 days, even if you do not have symptoms (Cat 1)
- Iran, lockdown areas in northern Italy or special care zones in South Korea since 19 February, even if you do not have symptoms (Cat 1)
- Other parts of mainland China or South Korea, Hong Kong, Japan, Macau, Malaysia, Singapore, Taiwan or Thailand in the last 14 days and have a cough, high temperature or shortness of breath (even if your symptoms are mild) (Cat 2)
- Other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Cambodia, Laos, Myanmar or Vietnam since 19 February and have a cough, high temperature or shortness of breath (even if your symptoms are mild) (Cat 2)
- Use the 111 online coronavirus service to find out what to do next. DO NOT go to a GP surgery, pharmacy or hospital.

## PREVENTING THE SPREAD OF INFECTION

There is currently **NO** vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

## IF YOU SUSPECT YOU HAVE BEEN EXPOSED

By a healthcare worker (HCW), this refers to those who work in a healthcare setting within and outside the NHS who may come into contact with patients, including clinical administration staff, and care home staff, **DO NOT ATTEND AN OUTREACH SERVICE.**

Information sourced from <https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-guidance-to-assist-professionals-in-advising-the-general-public/guidance-to-assist-professionals-in-advising-the-general-public>

### **Please follow this guide below:**

- wash your hands often - with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available. This is particularly important after taking public transport **(please do note we will still not be providing alcohol sanitising products due to the risk of ingestion of those at risk of alcohol abuse)**
- **wear gloves at all times during an outreach service**
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close/physical contact to be made with other volunteers/service users - do not shake hands/hug - maintain personal space – especially with people who are sick .

### **if you feel unwell, please stay at home - do not attend an outreach service**

- if you feel ill during the outreach service please immediately leave the service and inform your team leader you are doing so.

while serving, be mindful of yourself and those around you - do not sneeze or cough on the food/uncovered beverages/whilst serving food/other people/volunteers - cover your cough or sneeze with a tissue, **then throw the tissue in a bin. See it, catch it, bin it, kill it !**

### **Tables using anti-bacterial wipes and sprays and wearing gloves at all times.**

**The team leader is responsible for ensuring the above points are actioned and must ensure that if any volunteer shows signs of any COVID-19 symptoms, they are asked to leave the outreach service immediately.**

If you are worried about your symptoms, please call NHS 111 - Do not go directly to your GP or other healthcare environments. In the unlikely circumstance we suspect an individual as being a sufferer we must avoid direct contact (maintain 2 meters of distance) and do your best with the patient's consent to isolate them away from others. It would then be appropriate to call NHS 111 Covid-19 advice line. In emergency cases calling 999 is appropriate.

Please see these links for more info.

- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses>
- <https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html>