

Great Maplestead Volunteer Support Group Guidelines

Thanks to all the volunteers for offering your help to support people in self-isolation within **Great Maplestead**. Following the Government announcement of **23rd March**, I felt it important to reiterate the **Volunteer Support Group Guidelines** so that you can keep both yourself and the people in self-isolation safe:

- 1.** If you or anybody in your household show any symptoms or signs of illness, please let me know and withdraw your service for at least 14 days
- 2.** If you are over 70, or have underlying health conditions you should only be volunteering to support people over the phone
- 3.** Please let me know as soon as possible if anyone in your area is self-isolating
- 4.** If you have a request for essential shopping or prescriptions, please let me know so that we can put all requests together so that only one person goes shopping (therefore limiting trips to the shops)
- 5.** It is advised that when delivering or collecting items to self-isolators disposable rubber gloves are worn
- 6.** Money/cheque should be left in an envelope or container to be picked up. Money is one of the biggest carriers of the virus. It is recommended that you put it in a safe place for 72 hours, by then the virus should be dead.

PLEASE NOTE: Giving back change is not good practice. An alternative might be to keep a tab of expenditures that could be settled up, say, once a month rather than handling cash each time, if you are in a position to do this

- 7.** If anyone is lucky enough to have an online shop it might be worth looking into how we can utilise this more
- 8.** If anyone asks if you can collect cash or pension, you **MUST** speak to me beforehand
- 9.** Please follow Government guidelines on handwashing at all times
- 10.** Please follow Government guidelines on social distancing when out – particularly bear this in mind when shopping and standing in queues
- 11.** Please encourage the use of befriending calls, Facetime etc wherever possible

As we are in a rapidly evolving situation, some of these guidelines may well need to be changed at short notice. I will continue to monitor and follow Governmental advice, as well as that of Public Health England, in order to keep everyone safe.

Please Note: To comply with Governmental advice, the children's play area on the playing field is now closed until further notice.

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