Westbourne

Parish Council

Westbourne Help

Safety Guidelines for Volunteers

NB: If anything during a visit gives safeguarding or other causes for concern refer to West Sussex County Council's Community Hub on 033 022 27980
or report to Westbourne Help on 07960 405499

What is COVID-19?

COVID-19 is a respiratory virus. It is a type of coronavirus. Common human coronaviruses would usually cause mild to moderate upper-respiratory tract illnesses like the common cold. However, COVID-19 has been found to cause serious illness in the elderly and vulnerable. Symptoms of infection include a cough and acute respiratory illness, with a fever. It is highly infectious and spread through large respiratory droplets in respiratory secretions by coughing/ sneezing. Droplets can settle on surfaces where the virus remains viable, and subsequently be transmitted to others if picked up on hands.

The most important way to protect yourself and others is to wash your hands regularly and practice effective hand hygiene.

It is important to remember that some patients who we attend might already have a number of underlying medical conditions, such as diabetes or chronic lung disease, placing them at greater risk of becoming seriously unwell.

Up-to-date information on the virus and its transmission can be found at:
https://www.gov.uk/government/publications/wuhan-novel-coronavirus-background-information

Transmission of COVID-19

The virus appears to pass from an infected person to another person

- Through unprotected close contact
- By large respiratory droplets and direct or indirect contact with infected secretions. These droplets can live in the environment and on surfaces for prolonged periods.
- Common coronaviruses have been detected in blood, faeces and urine.

Personal protective equipment (PPE) and compliance with infection prevention and control precautions are effective at minimising risk, but can never eliminate it completely.

There are no current vaccinations against COVID-19. ==**Effective cleaning, disinfection and hand washing is key to prevent spread.**==

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Definition of 'close contact:'

Prolonged face-to-face contact (>15 minutes – PHE Coronavirus guidance) with a **symptomatic confirmed** case in a household or other closed setting or within close vicinity of an aerosol generating procedure **AND** who was not wearing full PPE at the time (mask, apron and gloves).

Infection control procedures:

Standard Infection Control – Including Suspected or confirmed Covid-19 patient

- Hand hygiene
- Gloves
- Apron

Suspected or confirmed Covid-19 Cases (additional to standard infection control) – possible COVID-19:

- Surgical Face Mask

No volunteers delivering shopping, or prescriptions or providing other support are expected to put themselves in a position where they are not following the government's social distancing requirements, whether other volunteers or people being supported. Keep safe, protect yourself, and protect others.

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What should I do to prevent catching and spreading the virus?

Wash hands frequently with soap and water or use a sanitiser gel

Catch coughs and sneezes with **disposable tissues**

Throw away used tissues (then wash hands)

If you don't have a tissue **use your sleeve**

Avoid touching your eyes, nose and mouth with unwashed hands

Avoid close contact with people who are unwell