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We have been asked by a couple of volunteers for guidance on visiting while there is a risk of coronavirus. I hope you will find this useful. If the situation changes we will let you know.

### **Coronavirus – guidance to volunteers (9<sup>th</sup> March 2020)**

Based on current government guidance please could volunteers follow the following recommendations:

1. Those returning from Wuhan City and Hubei Province, Iran, Daegu and Choengdo (Republic of Korea), and any Italian town under containment measures should follow government advice to self-isolate for 14 days and contact 111. **They should not do any volunteer visiting during this time.**
2. Those who are returning from other affected areas (currently Cambodia, China, Hong Kong, northern Italy (anywhere north of Pisa, Florence, and Rimini), Japan, Laos, Macau, Malaysia, Myanmar, Republic of Korea, Singapore, Taiwan, Thailand or Vietnam). For anyone who has visited these areas within the last 14 days please do not visit your clients or attend any social groups. The safest option is for the volunteer to stay away for 2 weeks to ensure that they are free of symptoms.
3. Anyone who has had close contact with a confirmed case of Coronavirus (COVID-19) should self-isolate, contact 111, and should not do any volunteer visiting or attend any social groups for 14 days since the point of contact.
4. Anyone who has had close contact with a suspected case of Coronavirus (COVID-19) who is currently awaiting the results of a medical test should also self-isolate until the results are known. If confirmed they should follow point 3 above.
5. If anyone is concerned about their exposure to infection in any other circumstance they should contact 111 before visiting their client or attending any social groups. 111 will advise whether they meet the threshold for testing in which case they should not attend until the results of this are known.

At the moment (9/3/20) it is still safe to visit your clients but everyone is being reminded to follow Public Health England advice:

- If you are feeling unwell do not visit
- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are unwell.

You can find the latest information and advice from Public Health England at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

If you have any further questions or concerns please do not hesitate to contact Ryedale Carers Support on 01751 432288.