

Sensible Volunteering

Volunteers

Safety should be your number one priority and make sure you have the safeguards in place to protect you while you carry out your role. Please follow the guidelines on the HSE website or if in doubt, ask at your local volunteer centre.

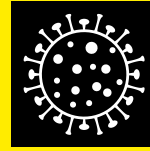
Some simple steps to sensible volunteering:

- Only volunteer if you are well enough to do so
- **Do not** volunteer if you have travelled outside Ireland in the last 14 days
- Always follow the HSE guidelines for hand washing, sneezing/coughing and practising physical distancing
- **Do not** call to a vulnerable person's door unannounced. Please consider dropping a note in their letterbox with a name and number for them to contact.
- If you are asked to help, take these steps to limit contact:
 - **Do not** enter a home unless absolutely necessary
 - Dropping off shopping/prescription etc. can be left at the door and simply call to let them know
 - Remember to keep physical distancing in mind, always keep a space of two metres apart between you and the person.

If you are volunteering for a vulnerable person with an underlying condition, please remember their immune systems may be weakened, making it harder to fight infections.

Please follow the key messages from the HSE:

- Wash hands thoroughly and as often as possible
- Regularly clean and disinfect frequently touched objects and surfaces
- Practise physical distancing and coordinate with others to limit the number of visits
- Refill their prescriptions and make sure that they have over the counter medicines and supplies, for example, tissues and a thermometer.



Receiving assistance

Safety should be your number one priority and if you are in need of help please contact a trusted source or neighbour.

Please remember:

- **Do not** answer the door to someone you don't know
- **Do not** shake hands with anyone
- **Do not** let anyone into your home unless it is absolutely necessary
- **Do not** give your bank details to anyone that you do not know or trust
- **Always** ask for identification if someone calls to your door from an organisation, if in doubt call the organisation to verify details
- **If you are offered help and are not comfortable please contact the Garda Síochána on 999/122 or a recognised helpline if you need support, for example Alone on 0818 222 024 and Seniorline on 1800 80 45 91.**

If you are vulnerable person with an underlying condition and receiving assistance, please follow the key messages from the HSE:

- Wash hands thoroughly and as often as possible
- Regularly clean and disinfect frequently touched objects and surfaces
- Have prescriptions filled and over the counter medicines provided