



Health & Safety Advice for Neighbour Support Groups and Individuals providing Non-Medical help

This advice has been issued by Itchen Valley Parish Council to provide guidance to those assisting neighbours during the Coronavirus Covid-19 outbreak.

Government information changes rapidly, please refer to our website www.itchenvalleyparishcouncil.org.uk for the latest version of this advice.

Please follow the latest Government advice regarding hygiene and social distancing.

At this stage we expect most of the help required to be for help with food shopping or pharmacy pickups, although there may be other situations that arise.

You should **not** provide help if you are:

- known to be infected with Coronavirus
- showing any symptoms that may suggest you might be infected with Coronavirus
- had contact with a person who has Coronavirus
- living with a person who is known or suspected to be infected with Coronavirus
- in the 'Social Shielding' group

Before deciding to help someone, you should establish whether the person is within any of the categories above and take all necessary precautions to prevent potential spread of the virus.

- Wash hands thoroughly before and after carrying out tasks such as delivering or collecting items.
- Please arrange for items to be left on the doorstep, to avoid contact and keep to the 2 metre social distancing measures.
- Explore delivery options where possible to avoid unnecessary journeys yourself.

If arranging payment for shopping, use electronic banking rather than cash. Agree arrangements for payment before purchasing shopping. Under no circumstances should you take a bank card and a pin number.

Please do not enter the house of anyone suspected of having Coronavirus.

Please do not enter the house of someone you do not know.

If you have concerns about an extremely vulnerable person who needs help beyond what can be provided by friends and neighbours, please contact **Hantshelp4vulnerable** on 0333 370 4000.



Itchen Valley Parish Council

Serving the Communities of Avington, Easton, Itchen Abbas & Martyr Worthy
