

# VOLUNTEERING DURING COVID-19

Nova Scotians are stepping up and volunteering to help their fellow Nova Scotians and communities deal with the impacts of COVID-19. Here are some basic tips to help you, and the people you are supporting, stay safe.

## Who shouldn't volunteer

- If you're feeling unwell, don't volunteer in your community. Stay home until you're fully recovered.
- If you're self-isolating, either because you've traveled outside Nova Scotia or because Public Health told you to, don't volunteer.
- If you're a senior or if you're immunocompromised, you should avoid volunteering roles that involve interacting with other people.

## Where to volunteer

The more contact we have with other people, the more we increase the risk of spreading COVID-19. It's best to volunteer in your own community. There are many groups and organizations working in communities all over Nova Scotia. Your first step should be to call any known contacts in your social circle to check in and see if they need support.

You can also call 211 to find out how you can help in your area. They can connect you with your local Senior Safety Coordinator or Community Links representative about what you can do to contribute from home.

## Staying safe and healthy

- Wash your hands before you leave your home and immediately once you get back.
- Carry hand sanitizer with you and use it often.
- Avoid touching your face.
- Always maintain 2 metres (6 feet) of space between yourself and other people.

If possible, send one person for errands. If you need to travel with someone, practice social distancing as best you can. For example, if you're in a car together, one person should be in the front seat and one in the back seat. A van would be even better because there's more room.

### **Shopping safely**

Try to minimize the amount of time you spend in a store. If you can, order the groceries and other supplies by phone or online and pick them up curbside at the store.

If you must go into a store to shop, always stay at least 2 meters/6 feet away from other people.

Make a list ahead of time.

Try to visit the store when it's not too busy. Check with your local store: some stores are reserving special hours for seniors and people who may be immunocompromised.

Before you deliver the groceries and supplies to the person who needs them, call ahead and let them know you'll be leaving their groceries at the door.

If you must enter the person's home to drop the groceries, be sure to maintain at least 2 metres (6 feet) between you and any other people. Try not to touch any surfaces. You should only enter the person's home if you have to.

Clean your hands with hand sanitizer after shopping and again after dropping the groceries. Be sure to wash your hands immediately when you get home.

### **Remember**

- Wash your hands frequently with soap and water. Use alcohol-based hand rub if soap and water aren't readily available.
- Don't touch your face.
- Self-isolate if you're feeling unwell.
- Practise social distancing. Staying at least 2 metres (6 feet) away from anyone who doesn't live in your household.