

General guidance

Helping in the community

If you are offering help to someone in your community, you should take steps to make sure you don't contribute to the spread of coronavirus. These include:



If you feel unwell, you should avoid contact and do not offer to help others in your local area to restrict the spread of Covid-19



Wash your hands regularly, especially before and after you deliver any items to a person in isolation



If you make a delivery, stay two meters away from the person who is in isolation at all times. Place the items outside their door and then step away



Be careful about how you share personal information about yourself and other people. Avoid sharing your or a vulnerable person's address and other contact information in public groups or documents



Try to support people who live close to you - so you don't travel larger distances

