

Personal Protective Equipment (PPE)

As a volunteer you do not require any PPE other than following good hand hygiene. If you are shopping or dog walking you may need hand sanitizer. If you do not have access to this, a supply can be obtained by contacting your Ward Manager who will let you know where this can be collected from.

Whether you are shopping, dog walking or working in a food collection and delivery point you should follow the guidance below.

Wash your hands regularly with soap & hot water for at least 20 seconds ([see diagram 2 below](#))

- Wash your hands when before you leave home to volunteers & get when you get home
- Use hand sanitizer gel if no soap & water is available ([see Diagram 1 below](#)).
- Cover mouth & nose with a tissue or your sleeve if you cough or sneeze. Throw the tissue away immediately & wash your hands
- We encourage you to carry some tissues with you at all times in case you need to sneeze or cough.

Diagram 1- Hand Sanitizer

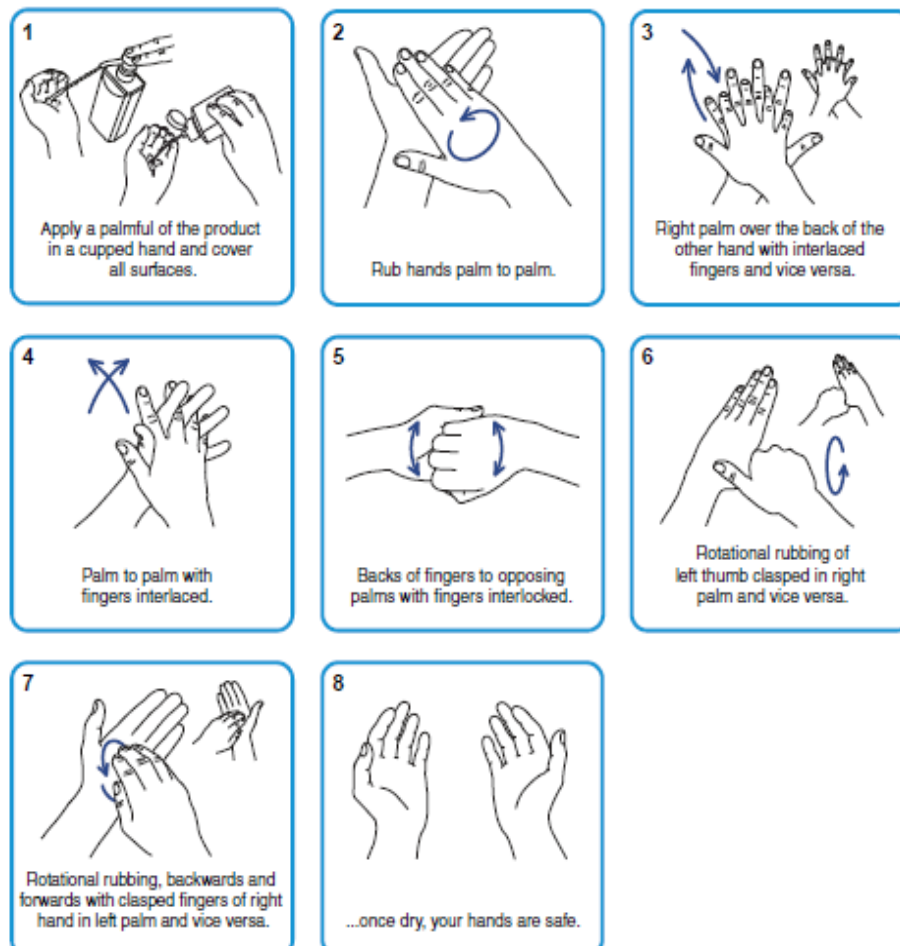


Diagram 2 -Hand Washing

