

## Personal Protective Equipment (PPE)

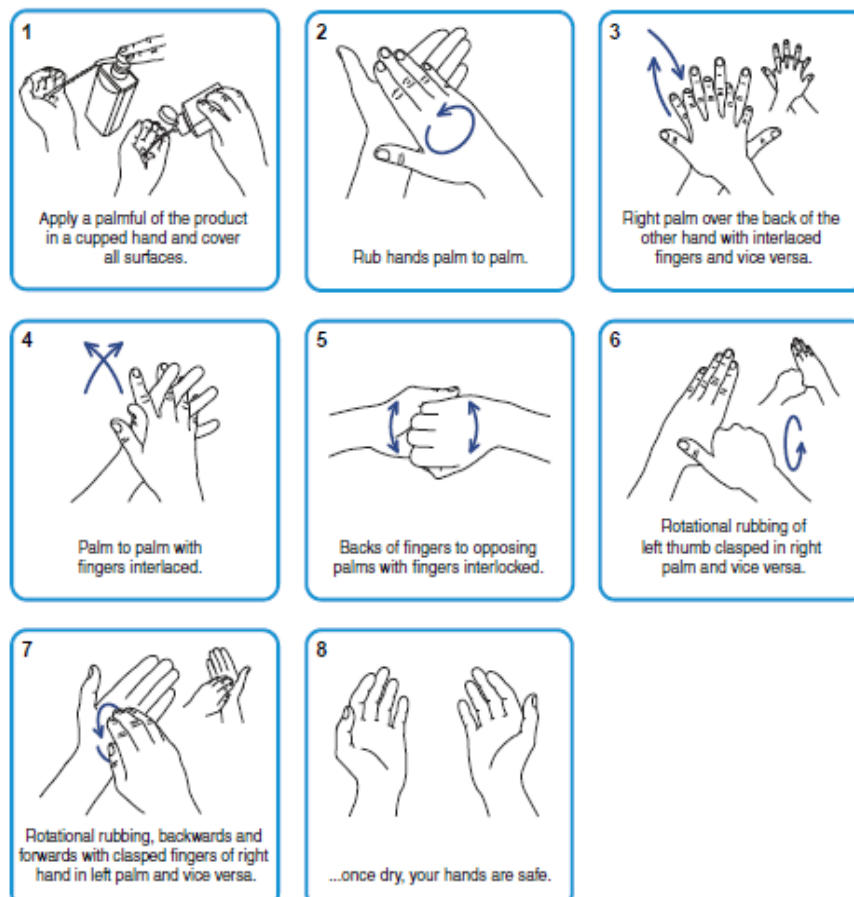
As a volunteer you will require a face mask and to follow good hand hygiene. If you are shopping or dog walking you may need hand sanitizer. If you do not have access to this or a face mask, a supply can be obtained by contacting your Ward Manager who will let you know where this can be collected from.

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

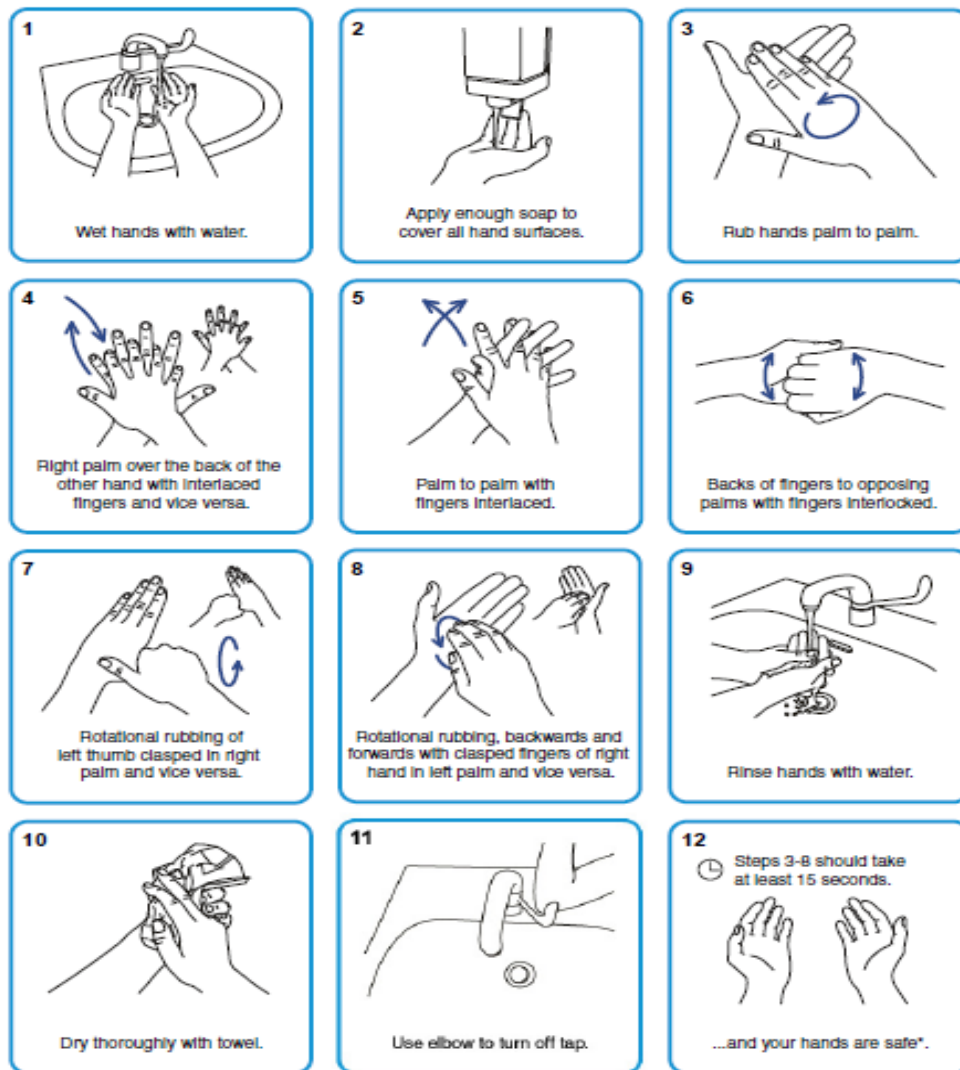
Wash your hands regularly with soap & hot water for at least 20 seconds ([see diagram 2 below](#))

- 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.
- Wear a face mask as per latest government guidance [click here to view guidance on the government website](#). ([see Diagram 3 below](#)).

### Diagram 1- Hand Sanitizer



## Diagram 2 - Hand Washing



## Diagram 3 – Face Masks

A face covering should:

- cover your nose and mouth while allowing you to breathe comfortably
- fit comfortably but securely against the side of the face
- be secured to the head with ties or ear loops
- be made of a material that you find to be comfortable and breathable, such as cotton
- ideally include at least two layers of fabric (the World Health Organization recommends three depending on the fabric used)
- unless disposable, it should be able to be washed with other items of laundry according to fabric washing instructions and dried without causing the face covering to be damaged

When wearing a face covering you should:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on
- avoid wearing on your neck or forehead
- avoid touching the part of the face covering in contact with your mouth and nose, as it could be contaminated with the virus
- change the face covering if it becomes damp or if you've touched it
- avoid taking it off and putting it back on a lot in quick succession (for example, when leaving and entering shops on a high street)

When removing a face covering:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before removing
- only handle the straps, ties or clips
- do not give it to someone else to use
- if single use, dispose of it carefully in a residual waste bin and do not recycle
- if reusable, wash it in line with manufacturer's instructions at the highest temperature appropriate for the fabric
- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser once removed

