



COVID-19: Guidance for NishkamSWAT Volunteers

The following guidance has been adapted from advice from NHS England and Public Health England.

BACKGROUND

Covid-19 is a coronavirus like SARS and MERS

Transmission is via

- Aerosol droplets (within 2 meters)
- Coughing or sneezing **without** covering your hand using a disposable tissue
- Contact with contaminated feathers, animal waste/meat products both alive and dead
- Touching your face nose mouth
- Touching doorknobs, handrails on public transport, workstation equipment that is shared (current understanding is that the virus does not survive on surfaces for more than 72 hours)

RETURNING TRAVELLERS

Stay indoors and avoid contact with other people immediately if you've travelled to the UK from:

- Hubei province in China in the last 14 days, even if you do not have symptoms (Cat 1)
- Iran, lockdown areas in northern Italy or special care zones in South Korea since 19 February, even if you do not have symptoms (Cat 1)
- Other parts of mainland China or South Korea, Hong Kong, Japan, Macau, Malaysia, Singapore, Taiwan or Thailand in the last 14 days and have a cough, high temperature or shortness of breath (even if your symptoms are mild) (Cat 2)
- Other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Cambodia, Laos, Myanmar or Vietnam since 19 February and have a cough, high temperature or shortness of breath (even if your symptoms are mild) (Cat 2)

Use the 111 online coronavirus service to find out what to do next.

DO NOT go to a GP surgery, pharmacy or hospital.

PREVENTING THE SPREAD OF INFECTION

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

IF YOU SUSPECT YOU HAVE BEEN EXPOSED

By a healthcare worker (HCW), this refers to those who work in a healthcare setting within and outside the NHS who may come into contact with patients, including clinical administration staff, and care home staff, **DO NOT ATTEND AN OUTREACH SERVICE.**

Wednesday 11 March 2020

Information sourced from

<https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-guidance-to-assist-professionals-in-advising-the-general-public/guidance-to-assist-professionals-in-advising-the-general-public>



Type of exposure	Asymptomatic HCW with exposure within the past 14 days	14 day work exclusion	Other actions
Travel	1 Travel to specified Category 1 countries/areas	Yes	Self-isolation at home for 14 days after return to the UK
	2 Travel to specified Category 2 countries/areas	No	Inform line manager and occupational health. No restrictions unless advised by occupational health, employers or local health protection team
	3 Contact with a confirmed case in any country	Yes	Self-isolation at home for 14 days after return to the UK
Healthcare (in UK and overseas)	4 Exposure to healthcare settings (e.g. working in healthcare, admission or visit to hospital) in specified Category 2 countries/areas	Yes (from last healthcare exposure)	No other restrictions unless advised by occupational health, employers or local health protection team
	5 Contact with a symptomatic possible case whilst wearing recommended PPE with no breaches	No	No restrictions
	6 Contact with a confirmed case whilst wearing recommended PPE with no breaches	No	No restrictions, but passive follow up for 14 days after last exposure
	7 Contact with a symptomatic possible case without wearing recommended PPE	No	Exclusion and self-isolation may be recommended in certain circumstances based on a risk assessment by occupational health, employers, or the local health protection team
	8 Contact with a confirmed case without wearing recommended PPE	Yes	Self-isolation at home for 14 days after last contact (HPT will advise on follow-up)
Household or other setting outside of work	9 Contact with a possible case	No	Exclusion and self-isolation may be recommended in certain circumstances based on a risk assessment by occupational health, employers, or the local health protection team
	10 Contact with a confirmed case	Yes	Self-isolation at home for 14 days after last contact (HPT will advise on follow-up)

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WHAT TO DO WHILST CARRYING OUT VOLUNTEERING/SELFLESS SERVICE (SEWA):

The NishkamSWAT service users and patients Nishkam Healthcare see are unlikely to be returning travellers themselves however their exposure to potential carriers of the virus are higher than the general public, we advise that you ask regarding symptoms related to Covid-19 and travel history if you feel it is appropriate.

Please follow this guide below:

- wash your hands often - with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available. This is particularly important after taking public transport (**please do note we will still not be providing alcohol sanitising products due to the risk of ingestion of those at risk of alcohol abuse**)
- **wear gloves at all times during an outreach service**
- avoid touching your eyes, nose, and mouth with unwashed hands
- **avoid close/physical contact to be made with other volunteers/service users - do not shake hands/hug - maintain personal space – especially with people who are sick**
- **if you feel unwell, please stay at home - do not attend an outreach service**
- **if you feel ill during the outreach service please immediately leave the service and inform your team leader you are doing so**
- while serving, be mindful of yourself and those around you - do not sneeze or cough on the food/uncovered beverages/whilst serving food/other people/volunteers - cover your cough or sneeze with a tissue, then throw the tissue in a bin. *See it, catch it, bin it, kill it*
- **keep all surfaces clean and tidy and disinfect frequently touched objects and surfaces – at NishkamSWAT HQ/NishkamSWAT Vans/Outreach Tables using anti-bacterial wipes and sprays and wearing gloves at all times**
- **exercise good practice at NishkamSWAT HQ by cleaning down any surfaces and taking extra precaution with cleanliness**
- **make sure vans are kept clean and tidy and the gear stick, steering wheel, handles, indicators are wiped down before and after use each night using the appropriate sprays/wipes**

The team leader is responsible for ensuring the above points are actioned and must ensure that if any volunteer shows signs of any COVID-19 symptoms, they are asked to leave the outreach service immediately.

If you are worried about your symptoms, please call NHS 111 - **Do not go directly to your GP or other healthcare environments. In the unlikely circumstance we suspect an individual as being a sufferer we must avoid direct contact** (maintain 2 meters of distance) and do your best with the patient's consent to isolate them away from others. It would then be appropriate to call NHS 111 Covid-19 advice line. In emergency cases calling 999 is appropriate.

USE OF MASKS

FFP3 masks are the only type of mask that will offer protection from airborne aerosols. This type of mask will not work if the person has facial hair that prevents an appropriate seal. Best practice with the use of single use masks will still be performed however those not directly involved in assessing issues do not need to wear masks.

Please see these links for more info

- [NHS: Overview – Coronavirus \(COVID-19\)](#)
- [WHO: Q&A on coronaviruses \(COVID-19\)](#)
- [HSE: At-risk groups and coronavirus](#)
- [CDC: People at Risk for Serious Illness from COVID-19](#)

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