

Coronavirus - Q&As for RBL volunteers

Last updated 10-03-20

<p>I am worried that I may be more susceptible to Coronavirus. Can I take a break from volunteering to reduce risk to myself?</p>	<p>Yes of course but please do discuss with your Legion contact your concerns so that arrangements can be made to stay in touch and support provided as required whilst you are away from volunteering with us.</p>
<p>Can I still visit people in their own homes as part of my volunteer role?</p>	<p>If you are visiting people in their own homes, you should be checking with your Legion contacts that there has been a Home Visit Risk Assessment completed before any visit (if you are a BCS Home and Hospital visitor you may complete this yourself), make sure appropriate questions have been asked to understand if there are any Coronavirus related concerns.</p> <p>If you are at all concerned about visiting someone in their home, don't make the visit but do let your Legion contact know.</p>
<p>I am worried about travelling to my volunteer role on public transport because of the risk it may pose to my health.</p>	<p>Please raise your concerns with your Legion contact, they can discuss available options and support for you.</p> <p>There is no expectation that you should carry out your volunteer role if you are worried it will increase your risk to coronavirus.</p>
<p>I have just returned from a high-risk place/ country (Category 1). What do I do? (Will I need to self-isolate for 14 days before I come into work?)</p>	<p>It is very likely that you will need to stay in isolation for about 14 days.</p> <p>You must also phone the free NHS helpline 111 and take their advice.</p> <p>You can also get on-line advice: https://111.nhs.uk/covid-19</p> <p>You must inform your Legion contact by phone, they will discuss with you your volunteer role and expectations in this case and support that can be offered.</p>
<p>Should I tell my Legion contact if I am going on annual leave and will be going to a place that is considered high-risk (Category 1)?</p>	<p>The Government have advised that people do not travel to high-risk (Category 1) areas. If you do, you will need to self-isolate when you return for 14 days.</p> <p>If you do take the decision to travel to a Category 1 place, please inform your Legion contact before you go, they will let you know the action you will need to take before you come back. (See below).</p> <p>Guidance on overseas travel is available using the following link https://www.gov.uk/foreign-travel-advice</p>

<p>What should I do if I have been in contact with someone who has recently returned from a high-risk place/ country (Category 1)?</p>	<p>You must not carry out volunteer role if it requires you to come in contact with others.</p> <p>It is very likely that you will need to stay in isolation for about 14 days.</p> <p>You must also phone the free NHS helpline 111 and take their advice.</p> <p>You can also get on-line advice: https://111.nhs.uk/covid-19</p> <p>You must inform your Legion contact by phone, they will discuss with you your volunteer role and expectations in this case and support that can be offered.</p>
<p>I have just returned from a place/ country that is <u>not</u> high risk (according to the Govt. website).</p> <p>Do I return to my volunteer role as normal?</p>	<p>If the place or country is not high risk, you have not come into contact with anybody who has been to a Category 1 country, and you do not have any symptoms, then you can return to your volunteer role as normal.</p> <p>Government advice and Category 1 places can be updated, so please use this link to check the list of affected areas, which is regularly updated by the Government https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public</p>
<p>Should I tell my Legion contact if I am going on annual leave to places outside the UK that are not high risk?</p>	<p>Yes. Please inform your Legion contact who will discuss any action you may need to take before you return to your volunteer role.</p> <p>Before you return to your volunteer role get in touch with Legion contact to check for any updates.</p> <p>Guidance on overseas travel is available using the following link https://www.gov.uk/foreign-travel-advice</p>
<p>Should I tell my Legion contact if I am going on annual leave but staying in the UK?</p>	<p>Yes. It will help with good communication, in case there are any changes or developments while you are on annual leave.</p> <p>However, as normal, if you do feel ill, do not come in and let your Legion contact know.</p> <p>If you feel you have the symptoms of Coronavirus, phone the free NHS helpline, 111.</p>
<p>I am at home and I think I have symptoms of Coronavirus, what should I do?</p>	<p>Stay at home; do not carry out your volunteer role if it requires you to come in contact with others.</p> <p>Phone the free NHS 111 helpline and be guided by their</p>

	<p>advice.</p> <p>You can get on-line advice: https://111.nhs.uk/covid-19</p> <p>Let your Legion contact know telling them what advice you have been given.</p>
<p>I am at a Legion office/location and I think I have the symptoms of Coronavirus, what should I do?</p>	<p>You need to isolate yourself immediately.</p> <p>Find a room where you can close the door, avoid touching people, surfaces and objects.</p> <p>Phone the free NHS helpline, 111. Wait by yourself until you have spoken to the NHS. The helpline staff will tell you the best means of getting home.</p> <p>Let your Legion contact know as soon as you are able, telling them what is happening.</p>
<p>Where can I find out more information about Coronavirus?</p>	<p>Please refer to the following links:</p> <p>https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public?gclid=CjwKCAiAvonyBRB7EiwAadauqf8EJJMDtNymj2BZgC3euqvMISXru77yCOkRC04Qh90GzI55OSiOPhoCL8gQAvD_BwE</p> <p>https://www.nhs.uk/conditions/wuhan-novel-coronavirus/</p>
	<p>If you have any concerns regarding Coronavirus and carrying out your volunteer role at the Legion, please speak with your Legion contact.</p>