

# RYE MUTUAL AID

Mutual Aid Group for Rye and surrounding area

## PROTOCOLS: VOLUNTEERS & COVID 19

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These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention. (ref. WHO)

### Fevers & Thermometers

There is a national shortage of thermometers so if any of your callers tell you they think they have a fever one very good way of testing this is to move your eyes from side to side. With a fever over about 38C this movement usually is painful. Other symptoms are feeling cold and piling on clothes and duvet/blankets. If temp consistently high or septicaemia then rigors can occur. Uncontrolled shaking. We need to advise people to use fans and use tepid sponging on body to reduce temp if paracetamol not holding it, before any ambulance arrives.

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# PROTOCOLS: VOLUNTEERS & COVID 19 continued

## Informing RMA

If you develop symptoms of COVID-19 or are declared COVID-19 positive, you should:

- Trace back your steps for the last 7 days and inform the people you have had contact with
- Self-isolate for at least 10 days.
- Inform your dispatcher

If someone in your household or immediate circle develops symptoms of COVID-19 or is declared COVID-19 positive, you should:

- Trace back your steps for the last 7 days and inform the people you have had contact with
- Self-isolate for 14 days.
- Inform your dispatcher

Full advice here: [www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice](http://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice)

If a resident in your area develops symptoms or is declared positive, we ask that you advise them to follow steps 1-2. If the person is not in full possession of their faculties, please inform their GP.

## Safety of volunteers and of our community

Due to the nature of our help, we are in the 'at risk' group and we ask you to act responsibly, making sure that you follow the latest public health advice and that you regularly check the latest essential advice we share with you.

If at any point, you are feeling unwell, have a cough, a temperature or any signs of being ill, please self-isolate for at least 10 days and please do not volunteer during this period (\*except for phone support).

As volunteers working in the community, we need to be aware that we may be asymptomatic community transmission.

## Cross Contamination

The virus remains on hard and soft surfaces including clothing. Guidance does vary widely. **At the moment we consider that the virus can survive for:**

Hard surfaces: up to 3 days  
Soft surfaces (clothing, paper): under 12 hours  
In still air: up to 3 hours

The virus survives outside of human bodies and therefore anything with risk of contact, including shopping, needs to be cleansed.

As volunteers, we need to encourage residents to wash their shopping when they receive it. See 'Stay Safe' page on our website at [www.ryemutualaid.org/stay-safe](http://www.ryemutualaid.org/stay-safe)

Minimise the cross contamination by strictly following RMA protocols at [www.ryemutualaid.org/protocols-risk-assessment](http://www.ryemutualaid.org/protocols-risk-assessment)