VOLUNTEERING DURING COVID-19

KEEPING VOLUNTEERS AND COMMUNITY SAFE

KEEP ASKING YOURSELF THESE QUESTIONS!

Each and every time you consider being a volunteer you need to ask yourself, **"Am I well enough to volunteer?"** and **"Have I been in contact with someone who is unwell?"** Your safety and limiting the spread of the COVID-19 is the priority. If you are unwell or you have been in contact with someone who is unwell, **DO NOT VOLUNTEER.**

HELPING NEIGHBOURS IS VOLUNTEERING!

If you want to volunteer please connect with neighbours via e-mail, telephone, electronically, or via a note on a mailbox or door step. Let your neighbours know that you are volunteering informally and that you can assist with shopping, errands, etc. Share your contact information and make arrangements to help.

TOP TIPS WHEN VOLUNTEERING INFORMALLY

- Don't assume that a neighbour needs help.
- Do not call at someone's house unannounced. Some people may be anxious about making face-to-face contact, particularly if they have a medical condition or live alone.
- Let people know that you are a volunteer and arrange a mutually convenient time to help them.

WHAT IF YOU CANNOT HELP WITH A TASK?

If someone asks you to do something you can't do, let the person know that you cannot help. Suggest that they contact Volunteer Victoria, who may be able to help find a solution.

DO YOU WANT TO VOLUNTEER IN OTHER WAYS?

Volunteer Victoria

REGISTER AS A VOLUNTEER AT VOLUNTEERVICTORIA.BC.CA