

# Pandemic Do's & Don'ts

## What you can do

- ✓ Become an over the phone buddy to an elderly or disabled person who has isolated themselves to avoid infection
- ✓ Pick up and drop off errands, shopping, post or anything else that someone in isolation may need
- ✓ Keep yourself safe - wash your hands according to the guidelines, maintain space between yourself and others, no hugs!

## What you can't do

Give medical advice - if someone is feeling ill, direct them to call their GP. Do not make contact with anyone that has symptoms. ✗

Accept money from anyone you are helping - that's not volunteering! ✗

Do anything that could put you at risk. ✗