

Advice on COVID-19 for volunteers who work with people with cancer

Coronavirus (COVID-19) is a new virus. We are still learning how it works. This is an evolving situation and this advice is based on current information.

There are some groups of people who may be more at risk of serious illness if they catch COVID-19. The risk increases with age and if you have a chronic illness.

You can check the most up-to-date advice for those who might be at increased risk from COVID-19 at: <https://www2.hse.ie/conditions/covid19/people-at-higher-risk/>. Remember, it is okay if you decide this is not the right time for you to be volunteering.

You should not volunteer with cancer patients if:

- You have any symptoms of possible COVID-19, such as cough, shortness of breath, fever, change or loss of your sense of taste or smell. If you experience these symptoms, you should [self-isolate](#) and phone your GP.
- You have been informed that you are a 'close contact' of someone with COVID-19, you may need to [restrict your movements](#) for 14 days and get tested for COVID-19, depending on your COVID-19 vaccination status. A member of the contact tracing team will advise you what to do when they phone you. Further information for close contacts can be found [here](#).
- You have been to any country outside the island of Ireland in the last 14 days and are currently [self-quarantining](#) as a result. Up to date information and advice for those travelling to Ireland during the COVID-19 pandemic can be found at: <https://www.gov.ie/en/publication/77952-government-advice-on-international-travel/#travelling-to-ireland>.

This advice is particularly important for volunteers working with cancer patients currently on treatment, as these patients may be at higher risk of severe illness.

Follow these steps to [protect yourself from COVID-19](#) and to prevent the spread of the virus:

- [Wash your hands properly and often](#) with soap and water or alcohol hand rub
- Cover your cough with a tissue, dispose of the tissue, wash your hands
- Regularly clean and disinfect frequently touched objects and surface
- Avoid close contact with people - keep 1-2 metres (6.5 feet) between you and others whenever possible

- Wear face coverings in indoor public areas such as shops and on public transport. For advice see - <https://www2.hse.ie/conditions/coronavirus/face-masks-disposable-gloves.html>
- Avail of the COVID-19 vaccine as soon as it is offered to you, as long as there is no clinical reason why you should not have it. Up to date information on the rollout of Covid-19 vaccines in Ireland is available on the HSE website: <https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/rollout/>
- Follow national advice on limiting the number of people you come in contact with, either in your own home or outside
- Avoid all crowded places, especially indoors but including parks and public amenities
- Avoid contact with anyone who is ill with a cough or difficulty breathing
- Follow up to date travel advice from the Department of Foreign Affairs
- Do not touch your eyes, nose or mouth
- Do not share objects that touch your mouth – for example, bottles, cups
- Do not shake hands

Protecting the person you are caring for

The most important steps you can take are those above. Reducing your own risk of getting the virus will reduce your chances of passing it on to someone else. Follow this advice as strictly as possible and encourage others to follow this advice too.

Extra steps are needed to protect those currently on cancer treatment, over 70 years of age or with a chronic health condition. It is really important to reduce their chances of coming into contact with someone with COVID-19.

Do

- ✓ Coordinate with others to limit the number of visitors
- ✓ [Wash your hands properly](#) and often
- ✓ Keep a space of at least 1-2 metres (6.5 feet) between you and others
- ✓ Wear a face covering if it is difficult to keep 1-2 metres distance between you and others and when visiting anyone at higher risk from COVID-19
- ✓ Refill their prescription medications and check they have over-the-counter medicines and supplies, for example, tissues and a thermometer
- ✓ Think of different ways that you can offer support, such as by phone or dropping off groceries.

Don't

- ✗ Do not shake hands
- ✗ Do not touch your eyes, nose or mouth
- ✗ **Do not volunteer to help if you have any symptoms of COVID-19 or you have been asked to restrict your movements .**

It can be a difficult time for people living with cancer. For advice see [“Help to cope with COVID-19 worry when you’re living with cancer”](#)

Together 4 Cancer Concern can help if you are struggling with the emotional and psychological effects of living with cancer during this very challenging and uncertain time. Contact the service through the Irish Cancer Society’s Support line **Freephone 1800 200 700**. Community cancer support centres are continuing to provide services to cancer patients and their families. Contact a centre local to you for advice and support.

Stay up to date, check the www.hse.ie - [HSE COVID-19 page](#)

Last updated 30/08/2021 please see www.hse.ie/coronavirus