

## COVID-19 advice for volunteer drivers 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 are more at risk of serious illness if they catch coronavirus, e.g. people over 70 years of age and people with long-term illnesses.

You can check the most up-to-date advice for those who might be at increased risk from coronavirus at [www.hse.ie/coronavirus](http://www.hse.ie/coronavirus). 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 coronavirus, such as cough, shortness of breath, fever, change or loss of your sense of taste or smell (phone your GP)
- In the last 14 days, you have been in contact with someone with coronavirus. You will need to restrict your movements until the 14 days are up. This applies even if you have a COVID-19 test during the 14 days which shows no virus.
- You have been to any country outside the island of Ireland in the last 14 days (unless you're coming from a green region). You will need to restrict your movements until the 14 days are up.

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

Follow these steps to protect yourself from coronavirus and to help 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, and wash your hands.
- Regularly clean and disinfect frequently touched objects and surface.
- Avoid close contact with people - keep at least 1-2 metres between you and others.
- Wear face coverings in indoor public places, such as shops and on public transport.  
For advice see - <https://www2.hse.ie/conditions/coronavirus/face-masks-disposable-gloves.html>
- Follow national advice on limiting the number of people you meet, either in your own home or outside.
- Avoid crowded spaces, especially indoors.
- Avoid contact with anyone who is ill with a cough or difficulty breathing.

- Avoid unessential travel; follow travel advice from the Department of Foreign Affairs.
- Do not touch your eyes, nose or mouth if your hands are not clean.
- Do not share objects that touch your mouth – for example, bottles, cups.
- Do not shake hands.

## Protecting yourself and the person you are driving

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 coronavirus.

This is what you can do to protect yourself and your passenger if you are a volunteer driver of a cancer patient:

### Do

- ✓ Volunteer services should contact the patient in advance for you, to make sure they are well and don't have any symptoms of coronavirus and to remind the patient to wash their hands with soap and water before leaving home.
- ✓ Keep a space of at least 1 metre between yourself and the patient (passengers should sit in the back seat away from the driver) and wear a face covering.
- ✓ Wash your hands properly and often.
- ✓ Clean frequently touched sites, for example, car door handles, seat belts and buckles.
- ✓ Use the Irish Cancer Society resources

### Don't

- ✗ Do not shake hands
- ✗ Do not touch your eyes, nose or mouth if your hands are not clean
- ✗ Do not enter the hospital building if possible, to help with spacing between patients
- ✗ Do not volunteer to help if you have any symptoms of coronavirus or you have been in contact with someone with coronavirus in the past 14 days.

Stay up to date, check the [www.hse.ie](http://www.hse.ie) - [HSE coronavirus page](#)