In NSW, more than 2.1 million people are giving countless hours of their time to help others. They are people of all ages, abilities and backgrounds and together they are the backbone of community organisations, sporting clubs and charities.

Volunteer action is especially important for those who depend on the care of others for whatever reason - the aged and frail, children and young people finding their way, people living in remote areas of New South Wales, or people unable to fend for themselves.

Volunteering is a crucial pathway for participation and a way to give back to our communities.

I am a volunteer, am I obliged to continue volunteering

Volunteers are under no obligation to continue to volunteer if they do not feel comfortable doing so.

If you do continue in your volunteering role then your Volunteer Involving Organisation has an obligation under Work Health and Safety Laws to provide protections around health and safety. You may wish to have a conversation with your Volunteer Involving Organisation (VIO) about different ways of volunteering, for example continuing to volunteer remotely.

When you should not volunteer:

You should not volunteer if you:

o Have travelled overseas in the last 14 days or have been in contact with someone who has travelled overseas recently.
o Have been in close contact with someone infected with COVID-19
o Are unwell or have an acute respiratory infection (cold/flu, sinus etc)
o You can assess the risk of infection by using the NSW Government **Symptoms and feeling unwell Information page**.

Surgical masks in the community are only helpful in preventing people who have coronavirus disease from spreading it to others. If you are well, you do not need to wear a surgical mask as there is little evidence supporting the widespread use of surgical masks in healthy people to prevent transmission in public.

If you have a confirmed case, you need to isolate to prevent it spreading to other people.

For more information check the **Government Department of Health website .**

What happens if you are unwell?

If you think you might have COVID-19 because of recent travel, contact with a confirmed case or you match the symptoms, phone the National Coronavirus Health Information Line on 1800 020 080.

If you are feeling unwell but haven't travelled or had contact with a confirmed case, phone your doctor or Health Direct Australia (1800 022 222) for advice. Protect others around you by washing your hands and keeping your distance. If seeing your GP, you MUST call ahead and mention your symptoms and any travel details. If you have serious symptoms, such as difficulty breathing, call Triple Zero (000) and ask for an ambulance and tell the operator your recent travel history

- click here for – Coronavirus Where Can I Get Information
- click here for – Important Information About Coronavirus Fact Sheet
- click here for – NSW Information Guides – COVID-19
- click here for – Symptom checker

What happens if your client is unwell? (if applicable to your program)

- In an effort to minimise the impacts of the virus it is advised to postpone or cancel meetings or alternatively promote options for video or teleconferencing. Communicate with any clients the steps and safety precautions in place by the Government.
- If your client is unwell you can use this resource to direct them to information they may find helpful.

For more information

The Centre for Volunteering will continue to monitor the situation as it relates to volunteering and provide information as it comes to hand.

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