

### Advice for Volunteers

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 Victoria, 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:

- Have travelled or have been in contact with someone who has travelled overseas recently
- Have been in close contact with someone infected with COVID-19
- Are unwell or have an acute respiratory infection (cold/flu, sinus etc)

- You can assess the risk of infection by using the [Self-Assessment Tool – COVID-19 Fact Sheet](#) provided by the Victorian Government.

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 yourself 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 or contact with a confirmed case, phone the Victoria Public Health Hotline on 1800 675 398.

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

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

- If you arrive to your volunteering role and your client appears unwell, first ensure you are following full infection prevention control procedures for your own safety. It is then recommended to follow your organisation's

procedures in notifying of illness and need of medical assistance.

### For more information

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

- [World Health Organisation website](#)

*References + Credit: Thank you to Volunteering Tasmania for their support in developing this resource & information gained from NCVO (The National Council for Voluntary Organisations).*



*Also see Volunteering Victoria COVID-19 page  
All resources available online.*