**VOLUNTEER SELF DECLARATION GUIDELINES FOR THE DURATION OF COVID-19**

St. Vincent de Paul Parish, Marino Dublin 3**.**

As a Volunteer, you will be responsible for maintaining to the best of your ability a safe environment for the provision of Church services to those in the parish. In the interest of health, safety and welfare of all staff, visiting parishioners, their families and the community, we ask that you read and abide by our **SELF DECLARATION POLICY**.

If you answer **YES TO QUESTION 1 ,2, or 3 YOU MUST NOT ENTER THE CHURCH.**

If you answer yes to Question 4 then you must speak to a member of the Church COVID 19 committee who will give you further instruction based on the details you provide.

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| **NO.** | **QUESTION** | **If YES** | **If No** |
| 1. | Have you been in close contact with anyone who are confirmed with having COVID-19 virus? | **ENTRY DENIED** | **ENTRY PERMITTED** |
| 2. | Do you live in the same household with someone who has symptoms of COVID -19 who has been in isolation within the last 14 days? | **ENTRY DENIED** | **ENTRY PERMITTED** |
| 3. | Do you have any of the following typical COVID-19 symptoms: Fever, High temperature, Persistent cough or Breathing difficulties/ Shortness of breath?  See below for additional symptoms. | **ENTRY DENIED** | **ENTRY PERMITTED** |
| 4. | Have you returned to the island of Ireland from another country within the last 14 days? | **Please contact the COVID-19 committee \*** | **ENTRY PERMITTED** |

**The current HSE advice on people returning to Ireland form another country is to self- isolate for a 14-day period. Please refer to** <https://www2.hse.ie/coronavirus/> for further information.

**MEDICAL INFORMATION**

***Transmission of Virus***

COVID-19 viral disease is most likely spread from person to person through:

● when an infected person coughs or sneezes

● close contact with an infected person while they are infectious (in particular by spending more than 15 minutes of face-to-face contact within 2 metres of an infected person or living in the same house or shared accommodation)

● touching surfaces that are contaminated by droplets coughed or sneezed from an infected person and bringing your unwashed hands to your face

***Symptoms***

It can take up to 14 days for symptoms of coronavirus (COVID-19) to appear. Individuals may have no symptoms but have the virus and pass the infection to others. Virus shedding appears to be highest at the time of symptom onset and just before the onset of symptoms.

**Common symptoms** of coronavirus include:

● a fever (high temperature of 37.5° C (degrees Celsius or above)

● a cough - this can be any kind of cough, not just a dry cough

● shortness of breath or breathing difficulties

● loss of sense of smell (anosmia)

● loss of sense of taste (ageusia) or distortion of sense of taste (dysgeusia)

**Less common symptoms** of coronavirus include:

• diarrhoea

• aches & pains

• conjunctivitis

• rash

• chilblains on fingers/toes