



FOODCYCLE CORONAVIRUS RESPONSE

Coronavirus (COVID-19) volunteering in an at risk category

If you are [over 70](#) or [clinically vulnerable](#), you can now in light of government guidance updates volunteer outside your home with FoodCycle, in order to do so you will need to:

- complete a risk assessment with your regional manager
- only volunteer in activities if you can work in a separate area away from other people

Please contact your Regional Manager, to discuss this further or email projects@foodcycle.org.uk

You **should not** volunteer outside your home if you are [extremely clinically vulnerable](#).

Who is clinically vulnerable?

Clinically vulnerable people are those who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab each year on medical grounds):
- chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
- diabetes
- a weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets)
- being seriously overweight (a body mass index (BMI) of 40 or above)
- pregnant women

If you live with someone who is over 70, clinically vulnerable, or extremely clinically vulnerable, consider their needs before volunteering outside your home.

You can volunteer from home if you are:

- [over 70](#)
- [clinically vulnerable](#)
- [extremely clinically vulnerable](#)