



CORONAVIRUS COVID-19

CARING FOR PEOPLE HELPLINE



TEL. 01546 605 524 (9AM-5PM, MON-FRI)

WHAT CAN YOU DO?

We can all play our part in helping to protect the NHS and save lives.
To protect yourself and others:



FOLLOW SCOTTISH GOVERNMENT ADVICE ABOUT STAYING AT HOME

SOCIAL DISTANCING - KEEP AT LEAST 2 METRES AWAY FROM EVERYONE OUTSIDE YOUR HOUSEHOLD



WASH YOUR HANDS REGULARLY FOR AT LEAST 20 SECONDS (INCLUDING AS SOON AS YOU GET HOME)



AVOID TOUCHING YOUR FACE WITH UNWASHED HANDS

CORONAVIRUS COVID-19 SYMPTOMS TO LOOK OUT FOR:

A HIGH TEMPERATURE/FEVER

Feeling hot to the touch on your chest or back (you don't need to measure your temperature - you will know). You may feel warm, cold or shivery.



OR

A NEW CONTINUOUS COUGH

A new, continuous cough means coughing for longer than an hour, or three or more coughing episodes in 24 hours.



Get more details at: www.nhsinform.scot/coronavirus

WHAT TO DO IF YOU THINK YOU HAVE CORONAVIRUS COVID-19:

If you think you have symptoms of Coronavirus COVID-19, and your symptoms worsen or do not improve after seven days; you should dial NHS 24 on 111, day or night. Please do not call your GP or go to the surgery.



Access Argyll and Bute specific information and advice at: www.argyll-bute.gov.uk/coronavirus-help-and-advice

If you wish to have this information reproduced in another format or in another language, please contact: High-UHB.ABHealthImprovement@nhs.net



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WHERE CAN YOU GET HELP?



CALL THE CARING FOR PEOPLE HELPLINE:

TEL. 01546 605 524
(Open 9am-5pm, Mon-Fri)



SUBMIT A REQUEST FOR ASSISTANCE ONLINE:

www.argyll-bute.gov.uk/coronavirus-help-and-advice

Language translation, a 'talk aloud' service for the visually impaired, and British Sign Language help, are all available on these webpages. Look for the BrowseAloud and BSL options on the sidebar menu.



SUPPORT PROVIDED BY THE CARING FOR PEOPLE HELPLINE:

- financial concerns
- food & household supplies
- utility services
- household repairs
- counselling/support
- prescriptions
- personal concerns
- business advice
- essential travel
- befriending

HAVE A MEDICAL ISSUE NOT RELATED TO COVID-19?

The NHS Inform website has a symptom checker and self-help guide, as well as a **Healthy Living** section for guidance on looking after your health and wellbeing during this period. The section on **Mental Wellbeing** may be of particular interest in these times. www.nhsinform.scot/symptoms-and-self-help



If symptoms persist, or you need more info., call NHS24 on tel. 111.

Don't delay in accessing health services for worrying symptoms. The NHS remains open to those who have health concerns that are not related to the Coronavirus.



KEEPING SAFE Don't let your guard down even in these times.

- ! **Don't** open the door to uninvited callers. ! **Always check** who you are dealing with.
- ! **Don't** give your bank details, bank or credit card details, PIN numbers or passwords, to **anyone** in person, over the phone or online.



Report suspicious activity to **Police Scotland Tel. 101.**



Volunteer via Argyll & Bute TSI's webform:

<https://volunteerargyllandbute.org/vk/volunteers/registration.htm>