

Coronavirus

Coronavirus can affect us all in different ways: whether it's the virus itself, or the worry and uncertainty of how it might affect our lives, now and in the future. We've put this sheet together to help you continue to look after yourself and others.



Going out and about

Even though restrictions are being eased, there are still things you can do to feel safer and protect yourself and others:

- **Follow the guidelines.** As it changes, stay up to date with the latest guidance.
- **Keep your distance.** When out and about or with those you don't live with, social distancing will help reduce the risk of spreading or catching the virus.
- **Wash your hands regularly.** Use soap and warm water and carry hand sanitiser with you.
- **Try and avoid busy or crowded places.** Even though we can do more outside our homes, it's still a good idea to avoid areas where it's hard to distance yourself from others.
- **Wear a face covering** if you can in enclosed spaces to keep you and others safe.
- **Meet people outside where possible.** If you are meeting others, be sure to follow the guidance.

Looking after yourself

It's as important as ever to look after both your physical and mental health. There are things you can do to look after yourself:

- **Contact your GP or call 111** if you're not feeling well. Health services are open for you as usual and if you feel unwell – with either a new or existing condition – it's important you contact someone.
- **Make sure you have the supplies you need.** If you're struggling to get to the shops or you don't feel comfortable leaving the house, check with your local Age UK what options are available to you.
- **Don't do too much too soon.** If you've had coronavirus you might not feel yourself for some time after the symptoms pass, and that's normal – but it's recommended that you build up your energy and activity levels to feel better.
- **Think ahead.** Do what you can to stay active and make sure, when the time comes, you get your flu jab and prepare your home for the winter months.

Stay alert to coronavirus

Even as lockdown restrictions lift and things feel more 'normal', you should still think about what you can do to stay safe:

- **Talk to someone.** Restrictions being lifted could make you particularly anxious. Let a loved one or your GP know how you feel.
- **Local lockdowns are possible.** The Government is keeping an eye on the infection rate and local councils can put local lockdowns in place if necessary.
- **Get a test if you have symptoms.** If you have a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste, order a test right away. You can book a test by ringing 119. You should not leave the house until you have got your test results back.
- **Stay at home if you need to.** If you (or a member of your household or support bubble) tests positive for coronavirus or you're contacted by the Test and Trace service, you should follow the guidance and stay at home as instructed.

Useful organisations



In these unsettling times, it can be reassuring to know you have some helpful numbers to hand, just in case you need them. We've also left some space below for you to jot down some of the numbers that might come in handy over the coming weeks.



GP:

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Local council:

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Local Age UK:

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Neighbour:

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Someone for a chat:

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Emergency contact

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Carers UK

Provides information and support for carers.

Tel: 0808 808 7777

www.carersuk.org

GOV.UK

The official Government website providing information on public services, benefits, jobs, the environment, pensions and health services.

www.gov.uk

For the latest coronavirus information and guidance:

www.gov.uk/coronavirus

Mind

Provides advice and support on mental health issues.

Tel: 0300 123 3393

www.mind.org.uk

NHS

For the latest health advice and guidance for all conditions, including coronavirus.

Tel: 111

www.nhs.uk

For the latest coronavirus guidance:

www.nhs.uk/coronavirus

Samaritans

Confidential helpline offering support to talk about your feelings. Lines are open 24 hours a day, 365 days a year.

Tel: 116 123

www.samaritans.org

We're here for you when you need us

The Age UK website has information on everything from care and finance to legal issues and health - including coronavirus-specific information.

You can visit us at **www.ageuk.org.uk**

Or, you can give our advice line a ring on **0800 169 65 65**

We also have a suite of over 100 information guides and factsheets on a range of topics. You can find these all on our website or have them sent to you for free via our advice line.