



COVID-19

STAYING HOME • STAYING SAFE • GETTING SUPPORT

This leaflet sets out who may need extra support during the Covid-19 outbreak; how to access this support; and how you can help in your community, whilst staying safe yourself.

*As time
goes on your
needs may change.*

*Keep this leaflet
in a safe place.*

WHO MAY NEED EXTRA SUPPORT?

People who are 'Shielding'

- You are in this group if you have a particular medical condition. You will have received a letter from the Chief Medical Officer to tell you this.
- Shielding means **you must strictly self-isolate for 12 weeks**.

If you need food delivered to your home because you are Shielding and you live alone or cannot get supplies for other reasons:

- text the national helpline **07860 064525** to arrange your food delivery. You should only text from your own phone - if you don't own a mobile phone or are not sure how this service works, phone us on **0345 30 111 00** and we can send your details to the Scottish Government. Do not ask a friend or relative to text from their phone on your behalf as your request won't be registered;
- the NHS will arrange delivery of your medication - if you need any extra support with getting medication, email **CommunitySupport@pkc.gov.uk** or call **0345 30 111 00**.

If you are in either of the groups below and need extra support, email **CommunitySupport@pkc.gov.uk** or call **0345 30 111 00**. Perth & Kinross Council will aim to match you with a local volunteer group in your area who can help.

Adults and Families

You are in this group if:

- you are an adult who needs to self-isolate and you do not have family support or a home care package to help you;
- you are a family who need to self-isolate and you are being supported by Services for Children, Young People & Families (social work and youth work).

Council and Social Housing Tenants

You are in this group if:

- you are a Council/social housing tenant or in temporary emergency accommodation and you need to self-isolate;

- *you do not have family support or a home care package to help you.*

If you are renting privately, you should contact your landlord directly.

What if I am not in these groups but need to self-isolate and have no other support?

- Email CommunitySupport@pkc.gov.uk or call **0345 30 111 00**.
Perth & Kinross Council will aim to match you with a local volunteer group in your area who can help.

REMEMBER!

- *If you are self-isolating, follow the advice on www.nhsinform.scot*
- ***Whether you are self-isolating or not, stay 2 metres away from anyone who does not live with you.***
- ***Stay home*** unless you are leaving the house for an essential reason - to exercise once a day, for shopping or to go to work if you're in an essential job.
- *Wash your hands for at least 20 seconds, as often as possible and especially if you have been outside.*

VOLUNTEERING IN YOUR COMMUNITY

- *Volunteers who have registered with Perth & Kinross Council will have identification to show anyone they are helping.*
- ***Only volunteer if you are well and you can do so safely.***
- *Do not offer to take on more than you know you can do.*
- *If you want to volunteer to help those in need, or if you're part of a community group that is already supporting people in the community and want to register with Perth & Kinross Council, please fill in a volunteer form at:*

my.pkc.gov.uk/service/Volunteer_during_COVID_19

If someone has offered you help and you are not sure if they are genuine, contact the Council on CommunitySupport@pkc.gov.uk or call **0345 30 111 00** to check if they are registered to volunteer. For more information on avoiding scams, go to www.pkc.gov.uk and put 'scams' in the search bar.



Thank you
to everyone who
is reaching out
and helping in our
communities

We have produced information on social distancing and Coronavirus in various languages - please go to www.pkc.gov.uk/coronavirus and the choices are on the right-hand side. If you know of someone who needs this information in any alternative format, let us know by emailing CommunitySupport@pkc.gov.uk or calling **0345 30 111 00**.