

COVID-19 information

Do you need some support from your community?

Help with shopping, medication or other essential supplies?
Someone to give you a regular call to check in on you while you are self-isolating?

Connect to support in your community by calling:

Bristol
0800 694 0184
We Are Bristol

North Somerset
01934 427 437
North Somerset Together

South Gloucestershire
0333 577 4666
Southern Brooks



Do you use British Sign Language (BSL)?

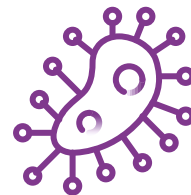
Visit www.signsolutions.uk.com/contact-sign-language-interpreter and enter the number you wish to call. A BSL interpreter will then make the onward call and interpret your conversation in real time.



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Prevent the spread

- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Wash your hands as soon as you get home
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards



Do not leave home
if you or someone you
live with has either:

- A high temperature
- A new, continuous cough

If you have symptoms,
visit www.111.nhs.uk
or call 111 for advice.