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	North Somerset	South Gloucestershire
0800 694 0184	**01934 427 437**	**0333 577 4666**
We Are Bristol	North Somerset Together	Southern Brooks

Do you use British Sign Language (BSL)?

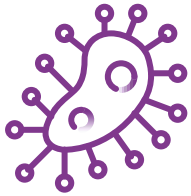
Visit www.signsolutions.uk.com/contact-sign-language-interpreter and enter the number you wish to call. A BSL interpreter will then make the onward call and interpret your conversation in real time.

Healthier Together

COVID-19 information

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.

Sirona care & health