

Warwickshire is here to help you

If you have been identified as extremely vulnerable Warwickshire is here for you

Warwickshire's public, voluntary and community services are working together to ensure those most clinically vulnerable to Coronavirus (COVID-19) are supported during an extended period of isolation. This is known as 'shielding'.

You are strongly advised to shield yourself by self-isolating to reduce the chance of getting COVID-19.



North Warwickshire
Borough Council

Nuneaton
& Bedworth



United to Achieve



Warwickshire
County Council



Warwickshire
POLICE

What is shielding?

Shielding is a measure to protect vulnerable people by minimising interaction with others. If you have been identified as vulnerable you should not leave your home, or have visitors except those essential for your medical needs or care. If you are living with others you should minimise all non-essential contact with other members of your household.

There are still lots of things you can do if you are isolating.

Do:



Arrange for food and supplies to be delivered to your home – if you cannot do this help is available, call **0800 4081447**



Keep in touch using remote technology such as phone, internet, and social media



Use phone or online services to stay in touch with friends and loved ones or to contact your GP or other essential services



Keep washing your hands



Clean and disinfect frequently touched objects and surfaces



Keep windows and doors open for fresh air



Look after your body – try to take regular exercise in the home, eat well, and sleep well



Take steps to stay well mentally and keep your mind active

Helping you to do this

Information to keep you healthy and safe

✓ Beware of fraud and scams – at home and online

Lots of people are helping friends and neighbours locally but others are taking advantage of the vulnerable at this time. To stay safe, don't let anyone into your home or hand over money to strangers, don't respond to information requests by text or email from sources you don't know and trust. More information at warwickshire.gov.uk/scams

✓ Visit a virtual library

Warwickshire library service is still available to you through BorrowBox a free service which enables you to borrow eBooks, eAudiobooks and music. It works with most digital devices.

Go to: www.warwickshire.gov.uk/ebooks



✓ Information for families

Finding things to do with the family during isolation can be hard so the Family Information Service is coordinating news and resources to help. Visit www.warwickshire.gov.uk/childrenandfamilies to find out more and sign-up for the regular newsletter.

✓ Mental health

It is important you continue normal life as far as possible so connect with others and carry on doing things you enjoy and take time to relax.

www.warwickshire.gov.uk/information-coronavirus/mental-health-advice-coronavirus-pandemic

Information from the NHS may also help:

www.nhs.uk/oneyou/every-mind-matters/

www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/



Someone to talk to

Support is available at this time from counselling services and the voluntary sector for people who need to connect with others and discuss their circumstances. Warwickshire Community and Voluntary Action can provide information. www.wcava.org.uk

Your councils

Information about council services and support from Warwickshire County Council can be found at www.warwickshire.gov.uk or via district and borough councils.

North Warwickshire Borough Council
01827 715341 www.northwarks.gov.uk

Nuneaton and Bedworth Borough Council
02476 376376 www.nuneatonandbedworth.gov.uk

Rugby Borough Council
01788 533533 www.rugby.gov.uk

Stratford-on-Avon District Council
01789 260980 www.stratford.gov.uk

Warwick District Council
01926 456111 www.warwickdc.gov.uk

If you need additional help to get food, medicines or emotional support call our dedicated information hotline on **0800 4081447**.

The government also has wider guidance on staying at home and additional advice for those who are shielding.

www.gov.uk/government/publications/covid-19-stay-at-home-guidance
www.gov.uk/coronavirus-extremely-vulnerable

We're in this together!