

What to do if there's a problem

- 1. If you develop any coronavirus symptoms you should self-isolate for at least 7 days.** Call 111 if your symptoms become unmanageable, don't improve or you have been advised to shield and notice any symptom.
- 2. Contact your GP if you have any health concerns – even if they're not coronavirus-related.** If it's urgent you should call 111 and 999 in an emergency – if you cannot speak press 55 on a mobile.
- 3. If anyone helps you at home, think about who else could help if there are any changes.** If there's a problem with your care, contact your local council or care provider.
- 4. Eating something is better than eating nothing** – if you notice unintentional weight loss, it's important to seek advice.
- 5. Anyone can fall victim to a scam, so think before parting with money or information.** Contact your bank immediately if you think you've been scammed and report it to Action Fraud on 0300 123 2040.

Together, we will get through this



Age UK can help you understand government guidance and help with everyday things like caring and shopping.

Age UK Advice Line **0800 678 1602**
lines open every day, 8am–7pm, 365 days a year
Or visit us online at www.ageuk.org.uk/coronavirus

Further Useful Numbers:

- The Silver Line is there for anyone who wants to chat on: **0800 4 70 80 90** open 24 hours a day, 365 days a year
- Carers UK: **0808 808 7777**
Monday to Friday 9am – 5pm
- Action Fraud: **0300 123 2040**
- Samaritans 24 hour helpline: **116 123**
- National Domestic Abuse
24 Hour Helpline: **0808 2000 247**

**Keep
me safe
stick me on
the fridge**