

Do you need extra support because of COVID-19?

Are you worried about someone who needs support?

If you don't have anyone who can help you, the council's community hub could support you with:

- Finding help with shopping, collecting prescriptions and other support
- Emergency foodbank referrals
- Advice to keep active and well and to reduce feelings of isolation and loneliness

To find out more or request help, go to:

www.brighton-hove.gov.uk/coronavirus-help

If you can't get online call **01273 293117 (option 2)**

Interpreters and SignLive are available Monday to Friday 10am – 4.30pm

This phone line is very busy so if you can, please contact us through the website instead.

Coronavirus (COVID-19) what you need to do:

Guidance about how to stop the spread of the virus varies from country to country. This is the advice for England as of 12 May 2020.

We can all help control the virus if we all stay alert. This means you must:

- stay at home as much as possible
- work from home if you can
- limit contact with other people
- Keep your distance from others when you go out for exercise, work, shopping or a medical need (2 metres apart where possible)
- wash your hands regularly

Self-isolate if you or anyone in your household has symptoms.

If you need further translated information about COVID-19 please visit:
www.sussexinterpreting.org.uk/service-users