

FOUNDATION

REDCAR AND CLEVELAND

Our Community

How we're keeping
us all safe and
supporting you



HELP &
SUPPORT



COVID
COMMUNITY
CHAMPION



Contents

03 Meet our Covid
Community Champion

04 How they can help you

05 What we need you to do

06 Covid-19 symptoms

07 When to isolate
and what to do

08 Further information

COVID COMMUNITY CHAMPION



HELP &
SUPPORT

Here at Foundation we have a **COVID Community Champion** who will support you during these difficult times.

If you need any help, advice or support please contact your support worker who can make arrangements with our **COVID Community Champion**.



COVID COMMUNITY CHAMPION

How they can help you

Contact your
support worker to
arrange help with...



Food shopping



Collecting medication



Mental health
and wellbeing



Face coverings



Hand sanitiser/soap



Cleaning products



Gloves

What we need you to do

- Wear a mask (unless exempt)
- Keep 2 metres apart
- Ask for help if needed
- Create one support bubble if you wish to do so
- Tell your support worker if you experience Covid-19 symptoms



Covid-19 Symptoms



High
temperature



New continuous
cough



Loss or change of
taste and or smell

Someone people who have tested positive for Covid-19 have experienced:

- Muscle ache
- Flu like symptoms
- Fatigue

When to isolate and what to do

When to isolate

If you are experiencing symptoms

Waiting for a test result

If you have tested positive

Someone in your household has tested positive

Someone in your support bubble has tested positive

What to do when isolating

Stay at home

Notify your support worker if you have one




Reach out if you need help

If you are concerned, book a test.
Our Covid Community Champion can support you with this.

Further information




Websites

-  nhs.uk/conditions/coronavirus-covid-19/
 -  gov.uk/government/organisations/public-health-england
 -  gov.uk/coronavirus
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Helpful numbers

Call 111 if you feel your symptoms are becoming worse and you need medical advice.

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