



This Easy Read guide will tell you how Communities and Solihull Council can work together to deal with COVID-19.

We would like you to think about ways you can keep yourself safe and also other people safe too, such as older people and people who already have health problems.



We think the information from the government and the NHS is important to read. You can read this information on line.

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)



Here are 5 ways you can help yourself, family, friends and your community.



## 1, TALK

Talk with people who you are close to. Talk about what to do if people start to get COVID-19 in your community.

Work out what people will need and what you can do to help.



Some things you could do are:



Speak to each other on WhatsApp, Facetime or Skype.



Join a neighbourhood website or social media page, such as a group on Facebook to keep up to date on news in your community.



Share phone numbers with people in your neighbourhood if you are happy to do so.

This will help make sure you can stay up to date on what is happening and can also get help if you need it.



## 2, PLAN

It is a good idea to make plans in case you get COVID-19 or need to help someone who has it.



Think about medication and make sure you are able to get prescriptions.



Choose a room in your house that can be used if someone gets sick so that they aren't mixing with other people.



Think about who could look after your children or pets if you become unwell.



You might choose to pick a person you trust to look after a spare key for your house in case someone needs to get in to see you.



Some people need to **self isolate**. This means it is really important they stay indoors and away from anyone who could spread the virus to them.



To find out more about who should self isolate you can look on line.

[www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/](http://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/)



### 3. IDENTIFY

It might be a good idea to put together a list of important people and services that you, or someone else could contact if you become unwell and need help.



These could be:

Family, friends and neighbours



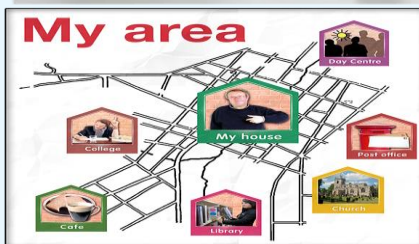
Care services



Teachers



Employers



Other community services. For example, advocacy, mental health services or services that could help you get food and supplies.



#### 4. CREATE

If you are self isolating you need to make sure you are looking after yourself.



If you can, get some exercise and eat healthily. You can even get involved in some free on line exercise classes on the TV or YouTube.





Do some things that help you relax. Read a good book or watch some of your favourite films.



If you have children, you might want to help them learn some new things. You can search on line for activities for them to do.



The NHS gives some good information on how to wash your hands.

You can read this on line.

[www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands](http://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands)



## 5. SHARE

You might want to help others by volunteering for a local organisation.



You might want to give some money, food or other important things that people will really need at the moment.



There is a list of lots of organisations that you can help below.



## Volunteering

You can get newsletters that will tell you the ways in which you can help.

[www.wcava.org.uk/receive-newsletters](http://www.wcava.org.uk/receive-newsletters)

## Donating food and other items

You can give food and other important items such as soap, sanitary towels and nappies.

The food you donate must be food that will last a long time like tins and packets.



[www.ageuk.org.uk/solihull](http://www.ageuk.org.uk/solihull)

[www.renewalcc.com/helpinghands](http://www.renewalcc.com/helpinghands)



## Looking after ourselves

These websites can help us to look after our bodies and our minds and give us information on COVID-19.

[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

[www.mind.org.uk/information-support/coronavirus-and-your-wellbeing](http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing)

[www.sportengland.org/news/howstay-active-while-youre-home](http://www.sportengland.org/news/howstay-active-while-youre-home)

[www.gov.uk/government/publications/covid-19-stay-at-home-guidance](http://www.gov.uk/government/publications/covid-19-stay-at-home-guidance)



## Help for vulnerable people

Here is some helpful information for vulnerable people living in our communities.

[www.covidmutualaid.org](http://www.covidmutualaid.org)

[www.goodgym.org/areas/solihull/coach-runs](http://www.goodgym.org/areas/solihull/coach-runs)

[www.thesilverline.org.uk](http://www.thesilverline.org.uk)