

COVID-19 INFORMATION & GUIDANCE

1 VISIT [WWW.GOV.UK](http://www.gov.uk)

For **up to date information** on Coronavirus symptoms and guidance on what this means for you, your family and friends

2 KEY MESSAGES

Dated: 25th March 2020

Keep checking www.gov.uk as information changes

- **Only** go outside for food, health reasons or essential work
- Stay **2 metres (6ft) away** from other people
- **Wash your hands** as soon as you get home
- **Sign up** to be an NHS Volunteer: www.goodsamapp.org/NHS

3 LIVE IN KENSINGTON & CHELSEA?

Check your local Council's website: www.rbkc.gov.uk and **search Coronavirus** for the latest information on what's happening in the borough

If you're a resident and would like to help support a community response, visit www.voluntarywork.org.uk for more information and to register as a volunteer

Local voluntary sector organisations can visit kcsc.org.uk for further support & guidance

4 LIVE IN WESTMINSTER?

Check your local Council's website: westminster.gov.uk for regular updates on what's happening in your area

Visit onewestminster.org.uk to find out about local volunteer opportunities and the support available for voluntary sector organisations

5 HELPFUL RESOURCES

- Doctorsoftheworld.org.uk - for Covid-19 information in different languages
- Mencap.org.uk - for Covid-19 information in an easy read format
- Mind.org.uk - tips, guidance & information on how to look after your mental health
- Healthwatchcwl.co.uk - Covid-19 support pack & signposting