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14 May 2020



## Coronavirus – The next steps for health and care in your area

To everyone in Bristol, North Somerset and South Gloucestershire.



From **Healthier Together**, a group of local organisations working together on health and care. Click here for more information: [www.bnssghealthiertogether.org.uk](http://www.bnssghealthiertogether.org.uk)



We are living in very difficult times.



Thank you for everything you have done so far to save lives and keep health and care services safe.



We are all very sad about all the people who have caught the virus and died and for their friends and families.



But the things we have done have helped make sure lots more people do not catch it.

But there is more to do now.



We know people are worried about people keeping safe and keeping in touch with others.



We want to make sure everyone gets the safest care that meets your needs.



No one knows how long this will last for but it looks like it will carry on for quite a while.



We also need to make sure you get your usual health care.



But we will need to make some changes to do this safely.



We will let you know what this means for you as soon as possible.



Till then carry on looking after yourself. There is more about how to do this on the next page.

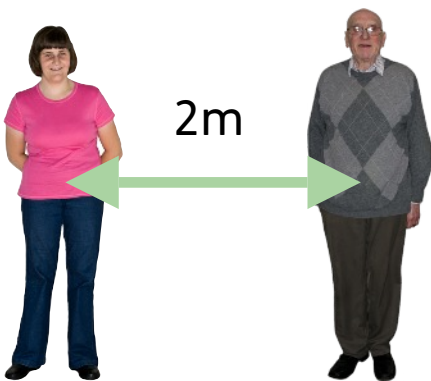


From Healthier Together,  
Thank you  
Julia Ross and Robert Woolley



## Coronavirus – The next steps for health and care in your area

Thank you for everything you have done so far to save lives and keep safe.



You still need to make sure you:

- Do not get too close to other people, stay 2 meters away.



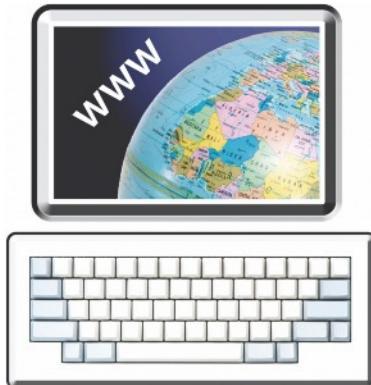
- Wash your hands lots, especially when you go out and come back inside or touch things other people have touched.



- Try not to touch your face.



- Wear a mask or other face cover when you are in places when other people might be close, like on the bus.



- Click here for more help **GOV.UK** website

## Getting help if you think you have Coronavirus.



- If you are coughing a lot or have a temperature you need to stay inside, do not go to your doctor or A&E, call 111 or your doctor instead.



- For other help call the wellbeing support line: **0300 303 1320**.



- If you are very ill call: **999**.



- If you get care at home and need to talk about that call: **0300 125 6789**.

If you are staying inside and need help with things like shopping or medicines call:



Bristol: We are Bristol: **0800 694 0184**



North Somerset: North Somerset Together: **01934 427 437**



South Gloucestershire: **0800 953 7778**



## Other health problems

If you do need help for any other health problem it is best to call your doctor first.



If you have hurt yourself, but not very badly you can still go to the Minor Injury Units in Yate and Clevedon or the Urgent Treatment Centre in South Bristol. Open 8am to 8pm.



Only go to A&E if it is really serious or your doctor or 111 have told you to.



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