



CORONAVIRUS

Easy Read Information



Getting help in Oxfordshire



If you are unwell, or think you have Coronavirus, it is really important you know what to do



If you just feel a bit unwell you should call your doctor



If you:

- Have a new cough that won't stop



- Feel very shivery or very hot (have a temperature)



- Find it hard to breathe



- Feel so unwell you can't get out of bed



You should call 111 straight away



If you need someone to help you get things like food and medicine



and you can use a computer



you can find a volunteer to help you on
the Oxfordshire All In website

The address is

www.oxfordshireallin.org



If you live in Oxford



you can also go to the Oxford Together
website to find help from a volunteer

The address is

www.oxfordtogether.org



If you need someone to support you to get the help you need, you can phone Oxfordshire County Council

Their telephone number Monday – Friday is

 01865 792422



They will ask you some questions to find out what help you need



If you have a learning disability or autism, tell the person you are speaking to straight away



If you need help **urgently** and it is the evening or weekend you can phone Oxfordshire County Council out of hours emergency number

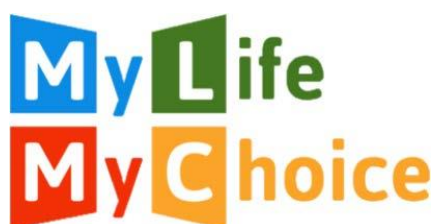
Their number is

 0800 833408



If you are feeling lonely, or need advice, friendship or support, you can talk to a Phone Buddy

A Phone Buddy will ring you for a chat, and to check you have everything you need



My Life My Choice can get you a Phone Buddy.

Their telephone number is

 01865 204214



You can call them between 10am and 4pm



If you are feeling anxious or worried, you can call the Mental Health Helpline at any time

Their telephone number is

 01865 904997



You can call this number any time of the day or night



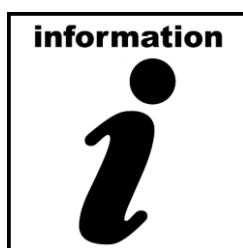
If you have a carer who needs some help, they can phone Oxfordshire County Council

Their telephone number is:

 01865 792422



Your carer can also phone **Oxfordshire Family Support Network** on 07891 734987 or 07821 987080 or email them info@oxfsn.org.uk



For more information about Coronavirus and how to stay well and safe, you can go to these websites



You can find lots more information about what Coronavirus is and how to stay safe on the [MENCAP website here](https://www.mencap.org.uk)



Public Health
England

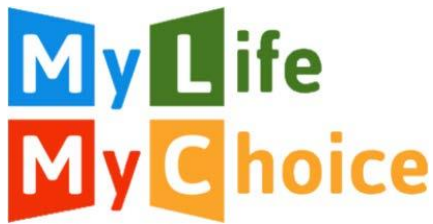
Protecting and improving the nation's health

[Guidance on Coronavirus – Public Health England](#)



Oxford Health
NHS Foundation Trust

[Coronavirus Easy Read Information – Oxford Health NHS Foundation](#)



[My Life My Choice - Taking Care of Yourself](#) during the Coronavirus Pandemic