

KEEPING SAFE AND WELL DURING THE PANDEMIC

Information Sheet

Thank you for participating in the Open University Study

Vulnerable young people living with life-limiting or life-threatening conditions and their families:
A study of the non-intended consequences of epidemic control decision

If you need information or advice, or are worried about something, the information below may help

Information & advice about COVID-19 changes regularly, Government websites will help you to stay informed

For general advice on Coronavirus (COVID-19) see the NHS website:
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

For specific advice for people who are at higher risk see the NHS website:
<https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/>

For full advice on protecting yourself if you are extremely vulnerable visit the information on the GOV.UK website: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

An easy read guide on Covid-19 can also be found here: <https://www.mencap.org.uk/sites/default/files/2020-03/Info%20about%20covid19%2031st%20March.pdf>

For practical information and advice for children, young people and families living with life-limiting or life-threatening conditions also see the Q&A support from Together for Short Lives: <https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/coronavirus-qa/>

Advice on looking after your mental health

Every Mind Matters: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Young Minds: <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

If you need to talk to someone



Contact the Together for Short Lives Helpline on **0808 0800 100**

If you are worried about managing your care during the pandemic discuss the situation with your care team

If you have non-emergency concerns about your health or someone in your household call NHS **111** as soon as possible or contact them online: <https://111.nhs.uk/covid-19/>

In an emergency, ring **999**

