

# Do you have any of the following symptoms?



high temperature



new continuous cough



loss or change in your sense of taste or smell



## Stop the spread!

get tested if you have symptoms, however mild



If you have coronavirus symptoms, no matter how mild, book a test immediately



You can book a test or order a home test for yourself or someone you live with



Go online to [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) or call 119



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



01296 395000



Buckinghamshire  
Council



Stay safe, protect Bucks

#StaySafeProtectBucks

# How to get support if you're affected by COVID-19

With everything this year has thrown at us, we are going to need extra help and support to look after ourselves.

## Support to help you stay at home

Local groups and organisations can help with access to food, isolation, activities, wellbeing and lots more – pop your postcode in our directory - [directory.buckinghamshire.gov.uk](https://directory.buckinghamshire.gov.uk)

## Financial support and advice

Financial support is available if you cannot work or have to self-isolate. There is also other support available such as the hardship fund, council tax reductions and information on the benefits you are entitled to.

## Services that can support you if you are feeling lonely or down

If you are struggling with your mental health at the moment, there's lots of support available, which includes a 24/7 mental health helpline.

## Support for the vulnerable

Local groups and organisations are available for the elderly, people with disabilities, those suffering domestic violence or people with cancer.



If you are not online, give us a call on **01296 395000** (charged at standard local rate). Our lines are open 9am - 5.30pm Monday to Thursday and 9am - 5pm on Friday.



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