



We would like to reassure carers and those receiving support that we are co-ordinating all resources available, including assessing how staff can be used effectively, to support those who most need support.

## Coronavirus advice for unpaid carers

### Up to Date Information and Advice

Anyone providing regular support to a vulnerable friend or relative will want to do what they can to protect their own health and that of those they look after during the coronavirus outbreak.

Like everyone, unpaid carers (including young carers), and the people being cared for, should familiarise themselves with the public health advice on how to protect themselves from infection. As the situation is changing quickly, the guidance may also change, so carers should therefore check regularly to make sure they are following the latest guidance at:

[www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19](http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19)



Wash your hands.



Use a tissue for coughs and sneezes.



Avoid touching your face.



### Key Actions for Carers:

- Follow public health advice
- Carers, cared for people and people coming into your home should follow hygiene and infection control guidelines
- Make the most of networks now - family, friends, neighbours, and your local community organisations to plan for “what if”.
- Make sure you have key information to hand about the person you care for
- Make the most of technology that can keep you in touch with the person for whom you care, or keep them in touch with others.
- Plan for contingencies including making an emergency plan

## Make an Emergency plan

An emergency plan is a document that lets people know what needs to be done to support the person you care for in an emergency, including if you are unable to carry out your caring role at short notice.

Carers who do not already have an emergency plan may want to talk with family and friends about who could take over their caring role if they become ill or need to self-isolate – particularly while social work services are under additional pressure during the coronavirus outbreak.

Your plan should include:

- Details of the name/address and contact details of the person you care for
- Who you, and the person you look after, would like to be contacted in an emergency
- Details of any medication the person you look after is taking
- Details of any ongoing treatment they need

Learn more about emergency planning:

[www.enable.org.uk/emergencyplanning](http://www.enable.org.uk/emergencyplanning)

## Who to Contact if you need support

If you are unwell and unable to provide essential care for someone, or for any issues related to care, please call **Social work**.

If you are a carer and need information, advice and support, including support with your finances, applying for benefits, emotional support or help making an emergency plan, contact **Carers of East Lothian**.



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### East Lothian Social Work

01875 824 309

Mon – Thurs 9am -5pm, Fri  
9am – 4pm

0800 731 6969

Out of Hours Emergency Social  
Work Service

Website:

[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

### For Carers of East Lothian

0131 665 0135

Website: [www.coel.org.uk](http://www.coel.org.uk)

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