

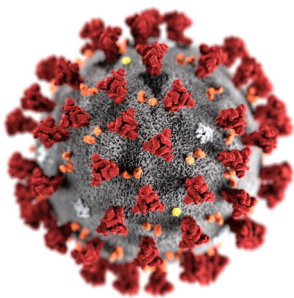


Brent



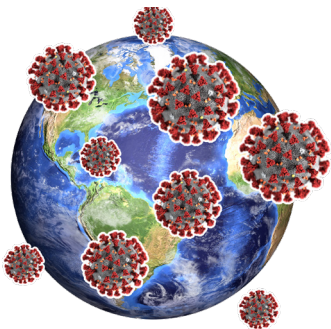
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Update on COVID-19 (Coronavirus)



COVID-19 (Coronavirus)

COVID-19 (Coronavirus) is a new illness that can affect your lungs and breathing.



It is quickly spreading around the world.



Most people don't get very ill with COVID-19 (Coronavirus).



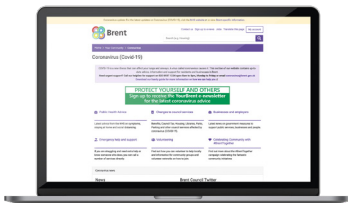
But it is serious for some people. Some people may die if they catch it.



Stay at home

The best way to stop COVID-19 (Coronavirus) spreading is if we all stay at home.

Brent Council can help you



Brent Council has put lots of helpful information online at:

www.brent.gov.uk/coronavirus



If you can't get online, this leaflet contains the main council phone numbers. Call if you need help.



General questions

If you need help with general things including benefits, support or council tax:

Phone: **020 8937 1234**

Community Support



Help when you are not going out at all

We can help you to get food and medicines delivered to you.

Phone: **020 3011 1690**



Volunteering

If you want to be a volunteer and help other people:

Phone: **020 3011 1690**

Emergency support



Adult social care

If you need urgent help with washing, feeding or dressing and you don't have anyone to help:

Phone: **020 8937 6589**



Children at risk

If you are worried that a child might be harmed:

Phone Brent Family Front Door: **020 8937 4300**



Abuse in the home

If you are worried that someone is being abused at home:

Phone Advance: **07398 454898**

In an emergency phone: **999**



Emergency childcare

If a child needs looking after in an emergency:

Phone: **020 8937 3010**



Emergency food

If you need food in an emergency:

Phone: **020 8937 6792**

Housing



If you are homeless or may become homeless:

Phone: **020 8937 2000**

If you are renting and have been told you must leave:

Phone: **020 7874 8414**



Keeping people safe

If you are worried that an adult might be harmed:

Phone the Safeguarding Adults Team on: **020 8937 4098**

Stay at home, save lives



Anyone can spread COVID-19 (Coronavirus).

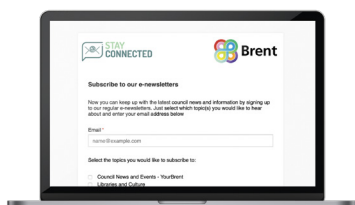


The only reasons to leave home are:

- to shop for your basic needs or pick up medicine.
- to travel to work if you can't work from home.
- to take some exercise once a day, alone or with someone you live with.



Do not meet up with others, even friends or family.



Keep up to date with information about what Brent Council is doing by going to:

www.brent.gov.uk/stayconnected