

I have put together a list of a few useful websites for you. I understand many of you are anxious just now, especially those of you who have other underlying conditions. I hope they help, do keep checking the sites for updates.

Please be aware that there are many scams being circulated so be very careful.

Look after yourself and take care.

Your best source of information is our amazing NHS

NHS websites

<https://111.nhs.uk/covid-19>

www.nhsinform.scot

www.nhs.uk/conditions/coronavirus-covid-19

<https://www.nhsdirect.wales.nhs.uk/>

<https://www.england.nhs.uk/coronavirus/>

<https://www.health-ni.gov.uk/coronavirus>

NHS Apps

<https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>

If you have underlying heart conditions look at the British Heart Foundation website

<https://www.bhf.org.uk/information-support/>

Childrens Heart Federation

<https://www.chfed.org.uk/>

If you have diabetes look at Diabetes UK website

https://www.diabetes.org.uk/about_us/news/coronavirus

If you have Asthma look at Asthma UK website

<https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>

If you have COPD, this is the Lung Foundation website

<https://www.blf.org.uk/support-for-you/coronavirus>

If you have a Thyroid condition, look at British Thyroid Foundation website

<https://www.btf-thyroid.org/news/thyroid-disease-and-coronavirus-covid-19>

If you have Epilepsy take a look at Epilepsy Society UK website

<https://www.epilepsysociety.org.uk/news/epilepsy-and-coronavirus-09-03-2020#.Xm9S-c77TDc>

If you have a Mental Health Condition, look at MIND UK website

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Talking to kids and teens

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://young.scot/>

If you are struggling financially ensure you are getting all you're entitled too. Look at Citizens Advice websites for more information. <https://www.citizensadvice.org.uk/>

If you have employment questions go to the Equality Commission <https://www.equalityhumanrights.com/en> or ACAS <https://www.acas.org.uk/>

Government website

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

World Health Organisation

<https://www.who.int/>

Professional Societies

<https://www.endocrinology.org/>

<https://www.bsped.org.uk/>

<https://www.rcog.org.uk/>

There is lots more information out there but, it is worth just sticking to the official ones. Try and limit the amount of news you watch as this can raise anxiety. Take care of yourselves, eat as well as you can and try and go for a walk if you can.

Take care and stay safe.