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. 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

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

https://www.bhf.org.uk/informationsupport/

Childrens Heart Federation

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

If you have diabetes look at Diabetes UK website


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


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