



Coronavirus update from Somerset County Council

All our help and information is now **available in a single place** on the SCC website <https://www.somerset.gov.uk/latest-coronavirus-updates/>

This page is refreshed through the day so please check in regularly to keep across developments and news.

Public Health dashboard: Detailed Public Health information dashboards are available on our website www.somerset.gov.uk/coronavirus just scroll down to 'Covid-19 dashboard'. These are updated daily.

Top stories today:



Making sure Somerset's young carers don't miss out

Due to the coronavirus pandemic, more young people in Somerset have found themselves in a position where they need to provide care for a loved one.

On Young Carers Actions Day (today) Somerset County Council took the opportunity to thank the county's young carers for their amazing work and highlight the support available to help them.

A young carer is anyone under the age of 18 who provides care for another person by taking on practical or emotional responsibilities that would normally

be expected of an adult.

This can include being responsible for the household, including buying and cooking food, managing money or bills, providing physical care such as washing, bathing, and dressing someone, helping to manage medication or being relied upon to provide emotional support.

During the coronavirus pandemic more than 90 young carers have attended online group support sessions.

Young carers have also been able to access young carer Zoom meetings, which facilitated sharing self-care tips, and organised themed online quizzes.

[Read more](#)



How business can help those traumatised by the pandemic

A guide for businesses to understand and support people in their organisations who may have been traumatised by the pandemic has been launched by City Mental Health Alliance and the Centre for Mental Health.

Primarily focused on the effects of coronavirus, the guide also looks at other causes of trauma, including racism. It offers an overview of some of the difficulties people may face plus practical tips for employers to reduce the risks to their people's mental health, both in the short- and long-term.

Some will come through the crisis with no ill effects to their mental wellbeing. Others will have experienced distress so severe that they will meet the clinical criteria for post-traumatic stress disorder (PTSD). Others will find themselves somewhere in between.

The guide is available here: [Guide to Recovering at Work - how businesses can support staff facing trauma.pdf \(centreformentalhealth.org.uk\)](https://www.centreformentalhealth.org.uk/Guide-to-Recovering-at-Work-how-businesses-can-support-staff-facing-trauma.pdf)



Businesses encouraged to register for workplace testing

More than 48,000 businesses have now registered their interest in the government's free workplace testing programme, using rapid lateral flow tests that can give a result in 30 minutes.

More than 9,000 businesses have completed the sign-up process, and all other businesses are encouraged to register by 31 March, even if they're not yet open or are not able to start using the tests straight away.

Register: <https://www.gov.uk/get-workplace-coronavirus-tests>

Read more >



Support for Somerset residents

Help is available for anyone in Somerset who may need additional support. The five councils in Somerset have been working together since the first lockdown to provide a single phone number for anyone in Somerset who needs Coronavirus-related support.

Residents are reminded they can call 0300 790 6275 if they need any help themselves or are concerned about relatives or neighbours. Lines are open seven days a week between 8am and 6pm.



Reduce the risks and follow advice

It's vital everyone acts to reduce their own risk, and the risk to others, from getting ill with coronavirus.

There's really important information available to help Somerset residents, businesses and visitors take all-important precautions.

Read more >



Send to a friend

These coronavirus bulletins are now available to anyone. Please send to a friend who would like to stay up to date with the latest developments. To sign up simply visit [Coronavirus updates \(somerset.gov.uk\)](https://www.somerset.gov.uk/coronavirus-updates)

Read more >

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