

## **PPE for Unpaid/family carers**

If you are an unpaid/family carer and think you require PPE due to your caring role, and the routes you normally use to access it are unavailable, you should contact your local carers centre and they will advise you on how to access supplies locally. You can find a list of local carers centres and young carer services on the Care Information Scotland website. If your local carers' centre is unavailable, you can call the **Social Care PPE Support Centre on 0300 303 3020** and they can provide you with information.



## **Coronavirus testing for unpaid carers**

Unpaid carers are classed as key workers and are included in the priority groups for coronavirus testing. You can book a test online at <https://www.gov.uk/get-coronavirus-test>

If you do not have internet access, you can book a test by calling the **national helpline number on 0300 303 2713**. You should select the option for Scotland, and wait to hear options for help required. Helpline staff will then book a test for you at an appropriate test site. Once the test has been booked a unique code will be sent to you by text message or email, which should be taken to the agreed test site.

## **Other useful Info:**

### **Short Brakes - Shared Care Scotland**

<https://www.sharedcarescotland.org.uk/resources/short-breaks-for-strange-times/>

### **Care Information Scotland**

<http://www.careinfoscotland.scot/> or **0800 011 3200** Monday to Friday 9.00am to 5.00pm

### **Carers Scotland**

<https://www.carersuk.org/scotland> or **0808 808 7777**