

STAY AT HOME



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PROTECT OUR  
NHS



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GIG

SAVE LIVES



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**Alex Davies-Jones MP**

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*Working together for Pontypridd*

## CORONAVIRUS KEY INFORMATION FOR CONSTITUENTS

### Health services:

- Check symptoms online at: [nhsdirect.wales.nhs.uk](https://nhs.uk)
- Stay at home if you have symptoms, call 111 in an emergency
- Mental health support: Age Cymru: 08000 223444 / Samaritans: 116 123 Domestic Abuse Hotline: 0808 2000 247

### RCT Council services:

- Free school meals - apply online at [rctcbc.gov.uk](https://rctcbc.gov.uk) for direct payments
- Volunteer locally to support the vulnerable - apply online at [rctcbc.gov.uk](https://rctcbc.gov.uk)
- Vulnerable adults with no friends/family to support them – call 01443 425020

### Employment issues:

- You may be entitled to **Universal Credit**, check <https://www.gov.uk/universal-credit> or call: 0800 328 5644
- **Self-employed workers** may be eligible to claim for a taxable grant – call: 0800 015 9559
- Your employer may be able to claim for 80% of the **salaries of retained workers** – check with ACAS: 0300 123 1100
- The Welsh Government has announced a package of support worth £1.4bn for small businesses - apply online at [rctcbc.gov.uk](https://rctcbc.gov.uk) Businesses of all sizes can also apply to a Wales-only £500m resilience fund set up by the Welsh Government.

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