

Kent County Council Coronavirus (Covid-19) Support

A simple guide to the national and local support available to help residents, businesses and voluntary, community and social enterprise (VCSE) sector organisations respond to the impact of the Coronavirus (Covid-19). This guide summarises what type of support is available, how it can be accessed and where you can find out more.

The information in this document is also not an exhaustive list of all the resources, funding and advice being issued and therefore it links to other sources of information where available. This will be updated regularly, based on the latest Government announcements, alongside information on KCC's website (kent.gov.uk).

Part 1: Individual residents

This is a challenging time for everyone, especially those self-isolating, vulnerable and high risk people and people experiencing the impact of school and childcare closures and financial difficulties. This section sets out the advice and support available for individual residents.

Support for people who are social distancing and in self-isolation

Government advice and support

The Government has issued guidance on [social distancing](#) and [self-isolation](#) to help slow the spread of the coronavirus and reduce the impact on the NHS. The current advice is to stay at home in line with the Government guidelines and to minimise your contact with other people wherever possible. You can still go outdoors to exercise once a day whilst keeping a distance of up to 2m from others. The latest Government advice is updated daily on www.gov.uk/coronavirus.

Kent County Council (KCC) advice and support

As the public health authority, KCC is working closely with the NHS and Public Health England to provide the latest advice and guidance to help keep you and your loved ones safe. We update the position on KCC services daily, we continue to provide as many services as we can online for people spending more time at home and to support people to travel for essential needs such as shopping for food and medicine.

- To play our part in keeping you safe and healthy, we will be closing all KCC buildings to the public, unless there is an essential appointment such as an appointment service to register births and deaths offered by the registration services. Our website is the best source of information during this time – we are providing the latest [service updates](#), answers to your [questions](#) and updating the [latest health advice](#).
- Our website [Live Well Kent](#) sets out ways to support your physical and mental wellbeing whilst we are all spending more time at home. The charity [Mind](#) also has wellbeing advice. There are free exercise, yoga and mindfulness classes