How telecare can help during Covid-19 and self-isolation

As life slowly continues to open up again for many of us, it is important to recognise that there are still people who need to continue to self-isolate or shield, including those at high risk of getting seriously ill from coronavirus and those with symptoms or who have tested positive.

This includes older adults and people who have serious chronic medical conditions like heart disease or diabetes.

What are the symptoms of coronavirus?

Coronavirus is a disease that infects the lungs. Researchers estimate that the incubation period could last up to 24 days. When symptoms do arrive, they include fever and a dry cough; this can lead to breathing problems.

According to BBC Health, it takes five days on average to start showing the symptoms. However, some people will get symptoms much later than this.

The government is recommending anyone who has symptoms to self-isolate.

How a personal alarm can help with self-isolation

If you have concerns about your health or need to self-isolate, our personal alarm service could help provide reassurance during a time of crisis. In case of an accident or emergency, a personal alarm service is a quick and simple way of getting help at the press of a button. We provide 24-hour, 365-day monitoring so you can talk to someone whenever you need to. Our service can also be posted if you want to minimise contact with people. It's designed to be easily installed but you can call our technical helpdesk if you need assistance.

During the coronavirus outbreak, a personal alarm can provide valuable peace of mind for:

- family members who are worried about a relative, e.g. if they don't live nearby or can't visit them due to the risk of infection
- those who need to self-isolate/shield. Our services can keep you in touch with a friendly, trained professional
- older people who are more vulnerable to COVID. You might just need some reassurance or advice
- people who are waiting to leave the hospital. A personal alarm service allows you to get home sooner. This eases pressures on the NHS, whilst getting you back to the comfort of your own home

- the NHS 111 service. This is likely to be overstretched, so having a personal alarm means you can press your pendant if it's an emergency. **But please note we cannot put you through to 111 any quicker than if you called it yourself.**

We understand that self-isolating can be lonely and even frightening. That's why we're always here for you if you have concerns about your health. We also offer a telephone checking service where we can call you to check that you're OK.

Welbeing can give you and your loved ones valuable peace of mind at home. For more information about how a personal alarm could help, call 01323 644422. Alternatively, send us an email: info@welbeing.org.uk.