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It's also a good idea to speak to your carers about what happens if one of them becomes unwell. If you need help with care but you're not sure who to contact, your local council should be able to help you.

If you need help with care but you're not sure who to contact please visit <https://careinfoscotland.scot/topics/how-to-get-care-services>

### **Other Useful Information**

<https://www.sparn.scot.nhs.uk/wp-content/uploads/2020/03/20-03-25-COVID-patient-information-SPARN-draft-final.pdf>