

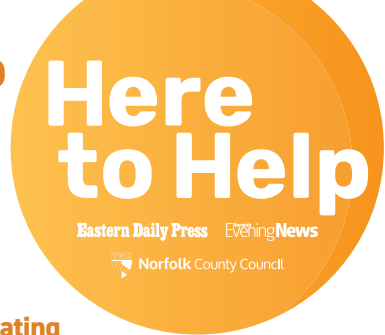
If you are self-isolating, I can help

My name is.....

I live at.....

My phone number is

My email is.....



I can help with

- Supplies/prescriptions
- Picking up shopping
- A friendly phone call
- Posting mail

If you want to help friends, family or neighbours, always:

- Maintain good hygiene, such as regularly washing your hands
- Leave items outside the person's home, rather than delivering in person
- Provide support over the phone and social media

If you are self-isolating

visit www.nhs.uk/coronavirus

Top tips for staying safe

- Only accept help from someone you know and trust
- Never give anyone your credit card and PIN – give cash and ask for a receipt
- If someone is shopping for you, give them a list and budget, based on what you can afford
- It is your home and you do not have to agree to anything a visitor asks. Never deal with unknown cold callers
- If you are in doubt, or feel pressurised or threatened close the door, call a friendly neighbour or in an emergency ring 999

