

# Coronavirus

## Actions for your community



Six steps to make a positive difference in your community



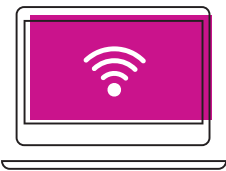
### Think of others and be kind

People in every community will face the challenges of Coronavirus in some way – from needing basic provisions to help while they are unwell.



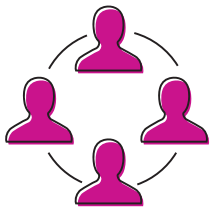
### Connect and reach out to your neighbours

As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers or connect online and stay in touch. Download our 'Here to Help' postcard at [www.norfolk.gov.uk/coronavirus](http://www.norfolk.gov.uk/coronavirus)



### Make the most of local online groups

Keep up to date, share information and be a positive part of your local community conversations.



### Support vulnerable or isolated people

Different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to food banks to help.



### Share accurate information and advice

Support anyone who may be anxious about Coronavirus. Sign post them to the correct advice from Public Health England or the NHS, and encourage people to follow the correct hygiene practices.



### Behave responsibly

Help to protect others in your community by following advice around practicing good hand hygiene and staying home if you are unwell.