



If you are self-isolating, I can help

My name is.....

I live locally at

My phone number is

My email address is

**Only accept help
from someone you
know and trust**

If you are self-isolating due to Coronavirus, I can help with

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



Evening News



Norfolk County Council

Advice if you are self-isolating

If you want to help your friends, family or neighbours who are staying at home, remember the following advice to help prevent the spread of Coronavirus:

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

Advice if you are self-isolating to help prevent the spread of Coronavirus

The NHS has clear advice for those staying at home, visit www.nhs.uk/coronavirus

Top tips for staying safe

- Never give anyone your cash card or credit card and PIN – always give cash and ask for a receipt
- If someone is doing shopping for you, provide them with 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 may ask. 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