



# Protecting Adults for people self-isolating



We want to make sure that the **most vulnerable are safe** when they are self-isolating. Here are some things to think about if you are offered, or need, support during this time.

Try to use **existing and trusted community groups**. If not, could a **family member, friend or neighbour** who you know and trust help?



## **Not sure? Don't answer the door**

If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.

You can contact the **ADULT ACCESS TEAM** on 0845 3011120 if you need support or you feel unsafe. In an emergency, call **999**.



**If you are worried about a child, call 01738 476768**