

Adult Support & Protection 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 **Adult Social Care** on **01259 727010** during office hours or **01786 470500** out of office hours if you need support or you feel unsafe.
In an emergency, call 999.

