

**ADULT PROTECTION FOR PEOPLE WHO ARE
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 **Social Work** on 0303 123 1008 if you need support or you feel unsafe. In an emergency, call **999**.



If you are worried about a child, call 0303 123 1008