

# Keeping safe whilst 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, neighbour** or **Making Connections Walsall** volunteer 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:

**Making Connections Walsall** on **0121 380 6690** or email **COVID-19communityhelp@walsall.gov.uk** if you need support or feel unsafe. Alternatively, you can contact Adult Social Care (Access Team) on: **0300 555 2922**

If you are worried about a child, call: **0300 555 2866**