

Advice for people who are self-isolating

Here in Dudley 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 the Covid19 outbreak.



Try and use existing and trusted community groups, if not **try** and use a **family member**, **friend** or **neighbour** who you know and trust.

Always make sure you keep your social distance of 2m.

Not sure? **Don't answer the door.** If you are not sure about an offer of help, ask the person to **leave details** and talk to someone you **trust** about it.



You can call Dudley Adult Safeguarding on 0300 555 0055 or **out of hours** on 0300 555 8574 if you need support or feel unsafe. **If it is an emergency or someone is in danger call 999.**

If you are worried about a child call 0300 555 0050