



If you are self-isolating, I can help

My name is

I live locally at

My phone number is

My email address is

**Contact me and
I'll do my best
to help you!**

If you are self-isolating due to Coronavirus, I can help with

- ☐ Picking up urgent supplies/perscriptions
- ☐ Picking up urgent shopping
- ☐ A friendly phone call
- ☐ Posting mail



EveningNews



Norfolk County Council

Tips for anyone supporting people who are self-isolating

If you want to help your friends, family or neighbours who are staying at home, remember the following advice to help prevent the spread of Coronavirus:

- Maintain good hygiene, such as regularly washing your hands
- Leave items outside the person's home for them to collect, rather than delivering in person
- Provide support over the phone and make use of social media

Advice if you are self-isolating to help prevent the spread of Coronavirus

If you are staying at home you should not invite or allow social visitors to enter your home.

The NHS has clear advice for those staying at home, visit www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/

It is your home and you do not have to agree to anything a visitor may ask. Only use someone you know and trust.