



# 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/prescriptions
- 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/](https://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.