

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**. Could a family member, friend or neighbour who you can 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 Adult Social Care, details can be found at **www.tsab.org.uk** or Call **Cleveland Police 101 or 999** in an emergency

