



HM Government

NHS



Coronavirus Looking out for each other

Many vulnerable people continue to isolate and still need essential support.

HOW YOU CAN HELP SAFELY:

- ✔ Phone or keep in touch on social media
- ✔ Pick up food for others
- ✔ Pick up medicines

Find out how to help others safely at [gov.uk/safehelp](https://www.gov.uk/safehelp)

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES