



For people self-isolating

We want to make sure that the most vulnerable are safe while they are self-isolating. Here are some things to think about while you are observing social distancing and are offered, or need support during this time:

- » Try to use trusted community groups. If not, could a family member, friend or neighbour who you know and trust help?
- » Not Sure? Don't answer the door.
Don't open the door to people you don't know
- » Don't invite strangers into your home
- » Don't give strangers cash or your debit or credit cards with the PIN number

If you're not sure about the person offering you help, ask them to leave their details and talk to someone you trust about it