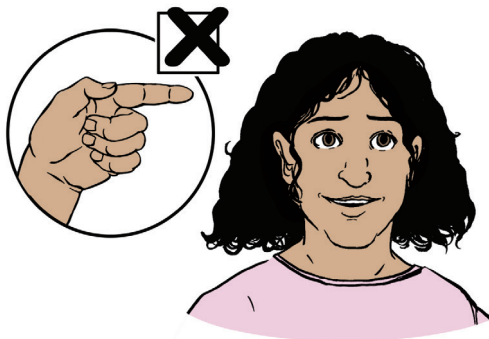


# How can you try and stay well?



Wash your hands with soap and water often, for at least 20 seconds



Do not touch your eyes, nose or mouth if your hands are not clean



Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze and not into your hands



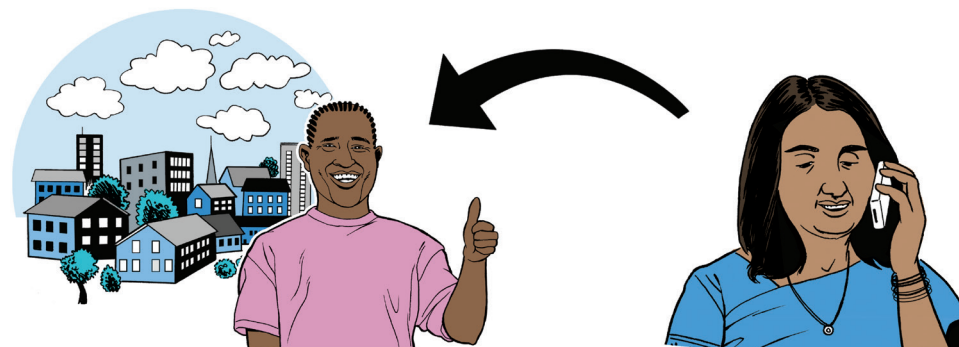
Put used tissues in the bin as soon as you have used them and wash your hands afterwards



Avoid close contact with people who are unwell



More information can be found on the NHS website [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)



If you need any other help or feel unwell let someone who supports you know. Please call:

Name: \_\_\_\_\_

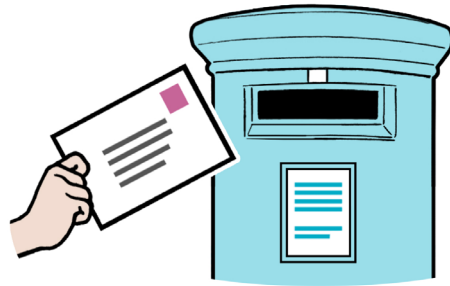
Number: \_\_\_\_\_



# Hi, If you are staying at home because of Coronavirus (Covid-19) I'm happy to help with:



Picking up shopping



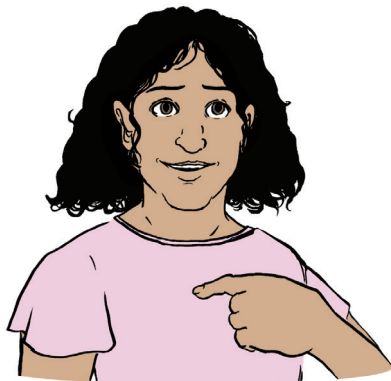
Posting mail



A friendly call



Urgent supplies, like prescriptions



My name is

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I live locally at

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My number is

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Just call or text me and I'll do my best to help you

