

Safeguarding Adults

For people self-isolating



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**. If not, could a **family member, friend or neighbour** who you know and 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.

If you need support or you feel unsafe:
Hampshire Adults' Health and Care:
0300 555 1386 or out of hours: **0300 555 1373**.
In an emergency, call **999**.



If you are worried about a child, call 0300 555 1384.

Coronavirus Hampshire Helpline: 0333 370 4000