

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.

Could a **family** member, **friend** or trusted **neighbour help you?** If not, try to use **existing and trusted community groups.**



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** on **0191 278 8377** if you need support or you feel unsafe. In an emergency, call **999**.



If you are worried about a child, call 0191 277 2500