

# 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.

You can contact Hampshire Adults' Health and Care on **0300 555 1386**, or out of hours: **0300 555 1373**, if you need support or you feel unsafe. In an emergency, call **999**. If someone is in immediate danger call **999**.



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