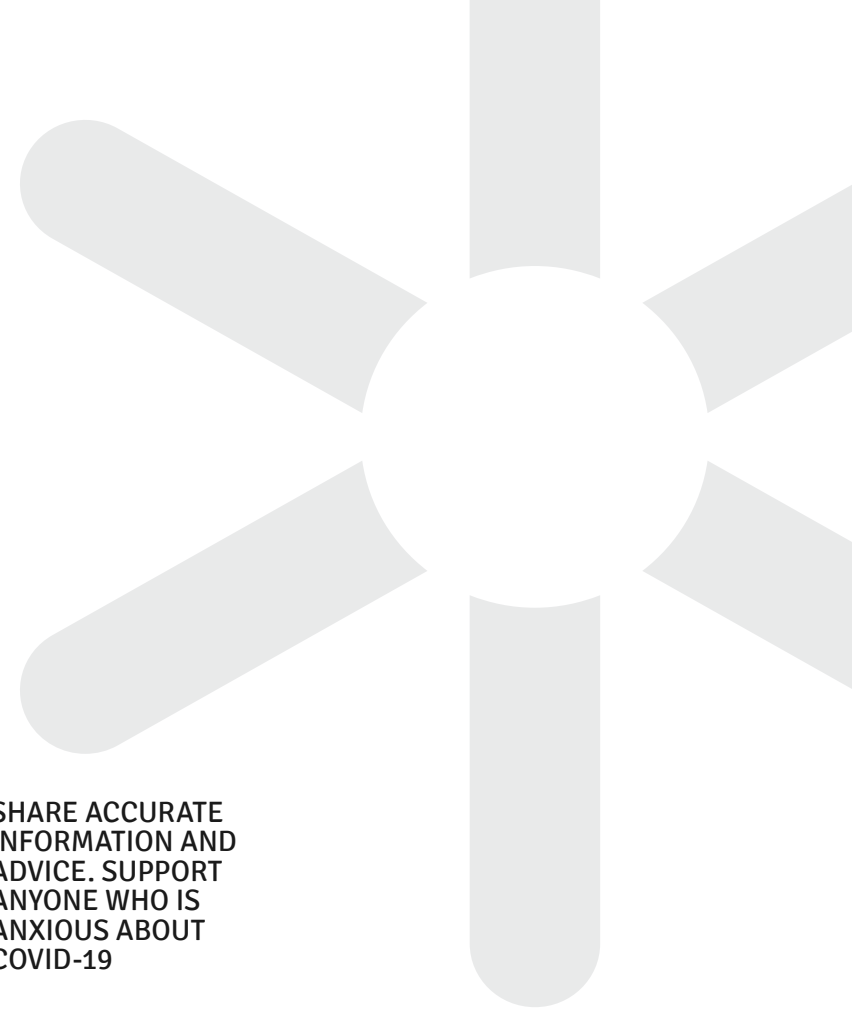


# Supporting others

It is important to stay connected to others. Some little things you can do to support other and your community include:



CONSIDER YOUR ACTIONS, THINK OF OTHERS AND BE KIND



UTILISE LOCAL ONLINE GROUPS AND BE A POSITIVE PART OF YOUR COMMUNITY



SHARE ACCURATE INFORMATION AND ADVICE. SUPPORT ANYONE WHO IS ANXIOUS ABOUT COVID-19



CONNECT AND REACH OUT TO YOUR NEIGHBOURS, TRY AND CHECK IN WITH ONE ANOTHER AND STAY CONNECTED



SUPPORT VULNERABLE OR ISOLATED PEOPLE



DONATE TO A FOODBANK OR LOCAL SUPPORT SERVICE