Look out for others

- Stay in touch and try to reassure people you know who may be worried, just ringing for a chat can help.
- Check in with people who you know are living alone.
- Offer to drop off meals or collect shopping for older neighbours or family members.
- Offer to pick up medications or to change library books.
- Organise further assistance if they become unwell.

By supporting one another and those who are more vulnerable we can all get through this together.