



Coronavirus

Helping each other



You must stay at home.



But there are ways you can safely help people who are not able to go out.



You could phone or keep in touch on social media.



If you are able to go out you could:

- pick up food for other people
- pick up medicines



Find out how to help other people safely at [gov.uk/safehelp](https://www.gov.uk/safehelp)

