



HM Government



Coronavirus

Looking out for each other

You must stay at home, but there are safe ways to provide essential support to vulnerable people who are in isolation.

How you can help:

- **Phone or keep in touch on social media**
- **Pick up food for others**
- **Pick up medicines**

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

**Coronavirus. Stay home.
Protect the NHS. Save lives.**
Information from the
Government and NHS.

