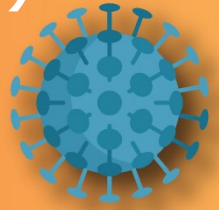


# COVID-19 (coronavirus)

## Guidance for those who are self-isolating and need support



If you are in one of the vulnerable groups who are being asked to self-isolate or if you are self-isolating due to symptoms and need support, please call 01925 443322 Monday-Friday 9am-5pm, or email [contact@warrington.gov.uk](mailto:contact@warrington.gov.uk)

### Keep yourself and others safe

Most people who volunteer to support those who are self-isolating are genuine and simply want to help support their friends, family and community. However, there have been a small number of cases nationally where scammers have targeted those who are self-isolating so please be vigilant and cautious. If you suspect a scam, please report it to Trading Standards by calling 0808 223 1133.

### If you are self-isolating, it is important to follow some simple steps to stay safe:

- Continue to follow government guidelines on self-isolating (search "coronavirus self-isolation" on Google).
- Minimise contact as much as possible even with those who may be supporting with collecting shopping/prescriptions etc. This includes not inviting people into your home.
- If you do have any contact with others – including exchanging money for shopping – wash your hands for at least 20 seconds immediately before and afterwards with soap and water and advise them to do the same.
- You should wipe down any work surfaces with cleaning spray once shopping has been put away.
- Carefully check the ID of anyone claiming to be from a public sector organisation, who you do not already know, especially if you are not expecting them to visit. **Look up the number of the organisation they are claiming to be from rather than take a number from the visitor.** They should always offer you a contact number so you can check who they are.
- **NEVER** hand over your debit or credit card or share your PIN number to strangers who have volunteered to fetch shopping (this puts you at risk and them in an awkward position).
- If possible, don't hand over cash in advance and always request a receipt for shopping that has been bought for you before paying the person back.
- Call Trading Standards on 0808 223 1133 if you suspect you have been targeted by scammers or have been the possible victim of a scam
- **Call 01925 443322 if you need support**

# Wash your hands with soap and water for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

**CORONAVIRUS**

**PROTECT  
YOURSELF  
& OTHERS**

It's important to make sure you're washing and drying your hands thoroughly.



**WARRINGTON**  
Borough Council