



# Safeguarding adults

## for people self-isolating



We want to make sure that adults at risk **are safe** when they are self-isolating. Here are some things to think about if you are offered, or need, support during this time.

Try to use **existing and trusted community groups**. If not, could a **family member, friend or neighbour** who you know and trust help?



### **Not sure? Don't answer the door**

If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.



You can contact Cheshire East Council **Adult Social Care** on **0300 123 5010** if you need support or you feel unsafe. In an emergency, call **999**.



**If you are worried about a child, call 0300 123 5012**