



We want to make sure the most vulnerable are safe when they are self-isolating as well as generally keeping safe - 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? If not there is help available by contacting the council through their online form or by phone:

Online form [birmingham.gov.uk/coronavirus advice](https://www.birmingham.gov.uk/coronavirus_advice)

By phone: 0121 303 1116 (Mon-Fri:9am-5pm)

Never give your personal detail including your Bank Card and Pin number to people for to do your shopping.



Protect yourselves and your details from SCAMS

Be mindful of clicking on links in emails or messages, paying for items online from companies you have not researched and giving money people money or bank details.

More information can be found at :
www.friendsagainstscams.com

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.



To report concerns to **Adult Social Care**, call **0121 303 1234**, or visit www.bsab.org.uk

If you are worried about a **Child** call:

0121 303 1888 or visit
www.lscpbirmingham.org.uk

If someone is in **immediate danger**, call **999**.