



**ARE YOU AN OLDER PERSON WHO IS SELF-ISOLATING?
WE CAN HELP**

If you are self-isolating as a result of the Coronavirus we can help with things like:

- **Picking up shopping**
- **Getting you urgent supplies**
 - **Posting mail**
- **Giving you a friendly phone call**

**Simply call us on
01274 391190, text us on 07471 227907 or email us at info@ageukbd.org.uk**

We will get back in touch as soon as possible to provide you with the help that you need.

Please remember that the Coronavirus is contagious and take all precautions you can, especially:

**Washing your hands with soap and water often – do this
for at least 20 seconds**

Using hand sanitiser gel if soap and water aren't available

**Covering your mouth and nose with a tissue or your sleeve
(not your hands) when you cough or sneeze**

**Putting used tissues in the bin immediately and washing your
hands afterwards**

Trying to avoid close contact with people who are unwell