



## COVID-19 is affecting us all

We are aware of the impact that COVID-19 is having on our vulnerable residents.

If you don't have anyone to support you and are in need of assistance please contact Wigan Council.

# Four steps to staying safe:

**Step 1: Stay well:** Head into the garden for some fresh air. Drink plenty of water and eat well.

**Step 2: Pick up the phone:** Don't be afraid to ask family members and friends for help if you're struggling or use it as an opportunity to have a chinwag.

**Step 3: Speak up:** Ask for support from neighbours and people you know in your local community. Could they nip to the shops for you to pick up a few bits?

**Step 4: Seek help:** If you are vulnerable, need help and have no one to turn to please complete our 'Self-isolation Welfare Support' form at [www.wigan.gov.uk/bekind](http://www.wigan.gov.uk/bekind) or call us on 01942 489018

## Be Kind.