



HM Government



# Coronavirus

## Looking out for each other

You must stay at home, but there are safe ways to provide essential support to vulnerable people who are in isolation.

### HOW YOU CAN HELP:

- ✓ Phone or keep in touch on social media
- ✓ Pick up food for others
- ✓ Pick up medicines

Find out how to help others safely at  
**[gov.uk/safehelp](https://gov.uk/safehelp)**

