

## **Safeguarding Adults Advice For People Self-Isolating**

**We want to make sure  
that everyone who is  
self-isolating is safe.**

Here are some things to think  
about if you are offered, or need,  
support during this time.

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

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



**Try to use existing and  
trusted community  
groups.**

If not, could a family member,  
friend or neighbour who you  
know and trust help?



To report  
concerns to  
Adult Care  
ring Call  
Derbyshire on  
**01629 533190**

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

If you are deaf, hard of hearing,  
have a hearing loss, or are  
speech impaired, you can use  
emergencySMS by texting **999**  
from your phone, or use the NGT  
Relay Assistant by dialling **18000**  
from the app or textphone.