

Does your neighbour need your help?

With the Covid-19 virus affecting people across the country, your neighbour may need your help if they become unwell.

Can you help your neighbour by:

- ✓ Making sure they have enough food and other general supplies to cover a few days - **there is no need to panic buy though**
- ✓ Making sure they have some simple recipes to hand, if they are not the normal chef or have done some batch cooking for the freezer
- ✓ Walking their dog, putting out their bins or taking in a parcel
- ✓ Phoning, Skyping or facetimeing them so they can see a friendly face, helping to reduce their isolation
- ✓ Checking if any of their planned appointments have been cancelled before they travel

If you or someone you know needs help, or if you or your business can offer help, visit the community help hub at www.gloucestershire.gov.uk/helphub or call **01452 583519**

For the latest on **Covid-19** visit www.nhs.uk