



## Advice for Vulnerable People

### DO

- ✓ **Do** remember that help and advice is only a phone-call away.
- ✓ **Do** make yourself aware of contact numbers for vital services and keep these numbers handy.
- ✓ **Do** keep in touch with neighbours.
- ✓ **Do** ask to see identification if a stranger calls to the door. If in doubt, call the organisation they claim to represent for verification.
- ✓ **Do** remember to practise physical distancing, keeping a space of two metres between you and other people.
- ✓ **Do** follow HSE guidelines around hand washing, sneezing and coughing into your arm or a tissue.

### DON'T

- ✗ **Don't** answer the door to someone you don't know unless you feel comfortable doing so.
- ✗ **Don't** shake hands with anyone that might come to the door.
- ✗ **Don't** let someone into your home unless you know them or it is absolutely necessary.
- ✗ **Don't** give **ANY** personal details including your bank details or your credit/debit card to anyone you don't trust – whether in person or over the phone.
- ✗ **Don't** interact with other vulnerable members of your community if you have any symptoms of illness.
- ✗ **Don't** be alarmed by **false information** on social media – stick to HSE advice.