

Safeguarding Adults Covid-19 for people who are self-isolating



We want to make sure that the **most vulnerable** are safe when they are self isolating. Here are some things to think about if you are offered, or need, support during this time.

Try to use **existing and trusted community groups**. If not, could a family member, friend or neighbour who you know and trust help?



Not sure? Don't answer the door
If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.

Contact us

If you are concerned that an adult is at risk of abuse or neglect please call:

Copeland and Allerdale - 0300 303 3589 Carlisle and Eden - 0300 303 3249

Furness and South Lakes - 0300 303 2704 Out of Hours 01228 526690

In an emergency, call 999

For concerns about a child, report to: cumbriasafeguardingchildren.co.uk

