

# KEEPING SAFE WHEN HELPING IN YOUR COMMUNITY



**Firstly, thank you for thinking of others and wanting to help in your community at this time. It is important that everyone does this in as safe a way as possible. So please think about the following points:**



Are you following the latest information about keeping yourself and others safe?  
[https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19)

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Do you need to leave your home/interact face to face with others in order to help or is there another way to do it?



What is the safest way for you to help? Before you start think about how you will keep safe distances from others and keep surfaces and other things you handle clean.

Think about any risk in disclosing personal information about yourself or others, e.g. identifying someone who might need help on social media



**Stay  
Safe**

If you come across someone who needs more help than you are able to safely give get in touch with the appropriate services (e.g. Police, NHS, Local Authority)

Be aware that your circumstances and those of the people you are helping can change daily and so you should regularly reconsider any risks.

