



DO's

- **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 practice social 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'TS

- **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.