

You can contact **Adult Social Care** via Sandwell Enquiry on **0121 569 2266 (out of hours 0121 569 2355) or email safeguarding\_SSAB@sandwell.gov.uk**

if you need support or you feel unsafe.

**In an emergency call 999.**

**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.

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

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.

**If you are worried about a child, call 0121 569 3100**

<https://www.sandwell.gov.uk/info/200354/coronavirus_advice/4458/emergency_help_from_the_council>