

Safeguarding Adults:

Information for people who are self-isolating



We want to make sure that **the most vulnerable people 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, or groups that are being supported by an organisation you trust.** You can find out more about groups in Somerset here: <http://bit.ly/2xJPIPO>
- **Don't share more personal information** than absolutely necessary. For example, **don't share bank or card details, or give people your cards to make purchases**
- If there aren't any groups local to you, could a family member, friend or neighbour **who you know and trust** help?
- **Be alert to doorstep scams.** Age UK and Action Fraud have produced a video on how to avoid doorstep scams: <http://bit.ly/2UojZum>
- **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.**

Reporting a safeguarding concern:

If you are worried about a vulnerable adult or child, **please don't stay silent.** Call:

- Somerset County Council: 0300 123 2224 or email adults@somerset.gov.uk / childrens@somerset.gov.uk
- Police: 101 or in an emergency 999