

# Coronavirus: Do you need help?

Type of help	Who is it for?	What support is offered?
<b>Good Neighbour</b> 	For people who are self-isolating but have a good network of trusted friends and neighbours who can help	Friends and neighbours can help you by picking up and delivering your medicine, food and household supplies, but please follow social distancing guidelines
<b>Customer Hub Golden Number</b> 	For people who are self-isolating but do NOT have friends or neighbours who can help with picking up and delivering medicine, food and household supplies	Call our <b>Golden Number 0115 915 5555</b> 9.00am-5.00pm, Monday to Friday or visit <b><a href="http://www.nottinghamcity.gov.uk/coronavirus">www.nottinghamcity.gov.uk/coronavirus</a></b> We will connect you to community support groups and neighbourhood volunteer teams
<b>Shielding Measures</b> 	For extremely vulnerable people identified by the NHS as being at high risk of Covid-19	You will be contacted by the NHS about the support available for you. If you are not sure whether your medical condition makes you extremely vulnerable, register here: <b><a href="http://www.gov.uk/coronavirus-extremely-vulnerable">www.gov.uk/coronavirus-extremely-vulnerable</a></b>
<b>Adult Social Care Support</b> 	For people who are already receiving Adult Social Care support services, or people who have recently been referred to our services	You will continue to receive the support we already provide to you, or if you have recently been referred to us, our team will assess your care needs with you



If you are worried about symptoms of Covid-19,  
in the first instance go to **[www.111.nhs.uk](http://www.111.nhs.uk)**  
In an emergency always call **999**

**#NottinghamTogether**



**Nottingham  
City Council**