

# How you can help others....

- Please only buy the groceries you need – so that shops have stocks available for others too.
- Phone people who are self-isolating – a friendly chat can really make someone's day.
- Check on your neighbours – knock and take 3 steps back from the door to avoid close contact or put a note through their door offering to help.
- Pick up groceries for people who are self-isolating – when you deliver them, knock and take 3 steps back from the door leaving items on the doorstep.
- Donate to your local foodbank – find a list of them here:  
[www.asklion.co.uk/food](http://www.asklion.co.uk/food)
- Please take every precaution not to spread the virus – wash your hands, avoid close contact and if you have any symptoms ensure your self-isolate for 14 days.

**Together in Nottingham we can look after each other during the Coronavirus.**  
**Thank you for helping. #NottinghamTogether**



**Nottingham**

**City Council**