



## **LOCK DOWN - KEEPING SAFE**

### **If you go out**

- ✓ Wash your hands
- ✓ Wear gloves and masks
- ✓ Keep your distance - at least 2 metres

### **Cocoons**

- ✓ This is your home and your neighbours nearby
- ✓ Your home is the safest place to keep safe and isolated from the virus

### **Communication**

- ✓ Make contact with your Area Volunteer / Co-ordinator
- ✓ Ask them for help and support
- ✓ Contact your neighbours to see if they need help and reassurance
- ✓ Check [framlingham.com](http://framlingham.com) regularly for the latest updates

### **Services Available**

- ✓ Shopping
- ✓ Prescriptions
- ✓ Meals on wheels - Crown Hotel 01728 440522
- ✓ Regular emotional support calls - Worry Tree 01728 440533

**Framlingham Response Team - 01728 720183**  
email: [support@framlingham.com](mailto:support@framlingham.com)

**Hour Community Team - 01728 440511**