

Be part of Team North Yorkshire

Support in isolation

If you're self-isolating you may need help with things like shopping, collecting medication or looking after pets.



- Please contact family, friends, neighbours or groups you belong to and let them know how they can support you.
- If you don't have anyone to call on but need help with shopping, prescriptions and other essentials you can contact North Yorkshire County Council's customer service centre on **01609 780780** seven days a week 8am to 5.30pm and we will direct you to the right support.
- Find more information about help for people during isolation at **www.northyorks.gov.uk/help-you-during-coronavirus-covid-19**
- You can also find details of local voluntary and community groups offering support at **www.northyorkshireconnect.org.uk**.

STAY SAFE
IN NORTH YORKSHIRE

If you have symptoms including high temperature, a new cough or loss or change to sense of smell or taste, book a test and self-isolate at home
www.northyorks.gov.uk/TestandTrace