Safeguarding adults
for people self-isolating

RBSAB
ROCHDALE BOROUGH
SAFEGUARDING ADULTS BOARD

We want to make sure that the **most vulnerable 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**. If not, could a **family** member, **friend** or **neighbour** who you know and trust help?

You can contact **Adult Social Care** on **0300 303 8886 (0300 303 8875 out of hours)** if you need support or you feel unsafe.

In an emergency, call **999**.

If you are worried about a child, call 0300 303 0440