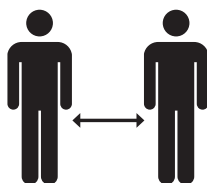


PROTECT YOURSELF, FRIENDS AND FAMILY

STAY SAFE



Wash your
hands regularly



Keep 2 metres away
from people you
don't live with



Wear a face covering in
indoor public spaces
where you can't safely
social distance

LOOK OUT FOR SYMPTOMS



New,
continuous
cough



High
temperature



Loss of, or change to,
your sense of
smell or taste

GOT SYMPTOMS? STAY AT HOME AND GET TESTED

Request a test online at

nhs.uk/coronavirus

OR CALL 119

TO KEEP YOURSELF AND YOUR LOVED ONES SAFE

We're here to help

If you are struggling because of coronavirus, the 'We are Islington' helpline can help. As well as helping you access essential supplies like food and medicine, we are here if you are feeling lonely, isolated, or anxious or if you just need a friendly chat. We can also offer advice and support with finances and benefits.

Call **020 7527 8222** or email **weareislington@islington.gov.uk**, 7 days a week, 9am-5pm. For British Sign Language (BSL), you can use Signvideo. You can find more information at **www.islington.gov.uk/bsllive**

Support if you are worried about paying your rent or being evicted

We know that many residents are struggling financially due to the crisis, but local advice and support is available. If you are struggling to pay your rent and are concerned about being evicted, please call **020 7527 6053** or email **advice.housing@islington.gov.uk**

Support if you are out of work

If you need help with one-to-one coaching, mentoring, or support to find work or training, our iWork service can help. Call **020 7527 2706**, email **iwork@islington.gov.uk** or visit **www.islington.gov.uk/employment**

Could you support and empower the community?

As the coronavirus crisis continues, more and more people are struggling financially, socially and mentally. Sign up to be a COVID-19 Health Champion - free training on how to keep your community informed with the latest information and guidance about coronavirus, and keep an eye out for people who need support. Find out more at **www.islington.gov.uk/covidchampions**

If you have spare time and would like to get involved, local community groups are short of volunteers at the moment and would love to hear from you. Find out more at **www.islington.gov.uk/coronavirus**. Or you could make a donation at **[www.islingtongiving.uk/ covid-crisis-and-recovery](http://www.islingtongiving.uk/covid-crisis-and-recovery)** or call **020 7288 6941**.

Between us, we have already raised £400,000 which is being used to help support the most vulnerable in our community.

