



# COVID-19 – FREE HELP WITH STAYING AT HOME

Keeping the people you live with safe



## Why should I stay at home?

- Staying at home stops the spread of COVID-19
- It keeps your loved ones safe
- It keeps others in the community safe



## How can Newham help?

Newham can help with:

- Shopping and food
- Money
- Feeling low or lonely
- How to keep those around you safe at home
- Help if work won't let you follow guidance or stay at home when necessary

And... if someone in your home tests positive

- Advice on isolating safely at home
- Somewhere to stay if you can't isolate safely at home



## How do I get help?

- Contact the COVID-19 Helpline on **020 7473 9711** or **[covidhelp@community-links.org](mailto:covidhelp@community-links.org)**
- Talk through the best options for your household