



MANCHESTER
CITY COUNCIL

Things you can do to

✓ stay safe

✓ stay well

✓ stay connected

this winter



We can help you with



Food. Medicines. Company. Fuel bills. Online help.

Me and my family's health ✓



Get the Flu vaccination – It is free for many including people with learning disabilities and carers



Get a Covid vaccination – Make sure you know the symptoms of Covid and how to get a test



Order any medication you take in plenty of time so you do not run out

Vitamin D – Taking it can help you stay healthy

Keep active



Your pharmacist or GP can help with all of these – see them if you have any worries

Some pharmacists will collect prescriptions and deliver them to you

Manchester's Community Response Hub can help you get your medication – See the back page

Eating ✓

Eat a well-balanced diet



If you are self-isolating or vulnerable, can you do online shopping? Some supermarkets may give you priority slots

Manchester's Community Response Hub can help you get food – See the back page

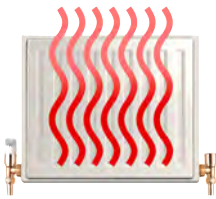


At home

Do not get lonely – Stay in touch with family and friends – phone them or make video calls



If you live on your own, or just with your children, you can join up with another household as a 'support bubble'



Keep your house warm – Your main living room should be between 18° to 21°C (64° to 70°F). Remember to let fresh air in by opening windows



You may be able to get help with fuel bills – Manchester's Community Response Hub may be able to help – See the back page



Seeing other people

Follow the rules

Meet outside

Keep social distance

Wear a face covering

Enjoy holidays, festivals and celebrations – but do it safely





Food.

Medicines.

Company.

Fuel bills.

Online help.

Manchester Community Response Hub

Charities, businesses, community groups and the Council have come together to help you

If you are

- self isolating
- living on your own
- finding it hard to make ends meet
- medically vulnerable
- at high risk from the Coronavirus
- are under restrictions and do not have a support network
- a carer, care leaver, or young carer
- in need of advice or support

We can help with things such as

- food
- medication delivery
- feeling loney
- getting a fuel top-up
- using online services
- getting a Test and Trace Support Payment if you have been told to self-isolate

Open Monday to Friday 9am to 5pm Saturday 10am to 2pm

Phone for free: 0800 234 6123

Text: 078600 22876

(we will get back to you by the next working day)

Email: covidsupport@manchester.gov.uk