Coronavirus COVID-19

Advice for Vulnerable People

Department of Rural and Community Development
COVID-19 Information on Community Support

DO’s
- DO remember that help and advice is only a phone-call away
- DO make yourself aware of contact numbers for vital services and keep these numbers handy
- DO keep in touch with neighbours
- DO ask to see identification if a stranger calls to the door. If in doubt, call the organisation they claim to represent for verification.
- DO remember to practice social distancing, keeping a space of two metres between you and other people
- DO follow HSE guidelines around hand washing, sneezing and coughing into your arm or a tissue

DON'TS
- DON’T answer the door to someone you don’t know unless you feel comfortable doing so.
- DON’T shake hands with anyone that might come to the door.
- DON’T let someone into your home unless you know them or it is absolutely necessary.
- DON’T give ANY personal details including your bank details or your credit/debit card to anyone you don’t trust – whether in person or over the phone.
- DON’T interact with other vulnerable members of your community if you have any symptoms of illness.
- DON’T be alarmed by false information on social media – stick to HSE advice.