

Portsmouth community action: Covid-19

There are **five things** you can do to make a positive difference in Portsmouth



1 Think of others, consider your actions and be kind

People in every community will face the challenges of Covid-19 in some way from needing basic provisions to help while they are unwell.

2 Support vulnerable people or isolated people

Different groups in our communities are at risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to food banks to help.

3 Connect and reach out to your neighbours

As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.

4 Share accurate information and advice

Support anyone who may be anxious about Covid-19. Signpost them to the correct advice from Public Health England and encourage people to follow the correct hygiene practices.

5 Make the most of local online groups

Keep up to date, share information and be a positive part of your local community conversations.