

# #SupportDG



## COVID 19 - 5 things you can do to make a positive difference in your community



### 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. Think of others, consider your actions and be kind.



### Connect

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. Connect and reach out to your neighbours, share phone numbers, use social media, other technology and stay in touch.



### Take Notice

Keep up to date with news, share accurate information and advice and be a positive part of your local online community conversations.



### Support

Different groups in our communities are at increased risk - social isolation and loneliness are key concerns for all ages, support anyone who may be anxious about COVID-19.



### Give

There are things that you can do like volunteering for local support services or donating to foodbanks to help. Give your time, your words, your presence.

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[www.dumgal.gov.uk/SupportDG](http://www.dumgal.gov.uk/SupportDG)

Dumfries &

Galloway

Together is  
Better