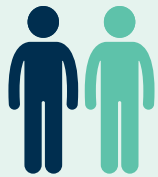


# Do you, or someone you know, need extra support?

At the current time, we must **stay at home to help save lives. This is particularly important for:**



Those **over 70**



Those who are **pregnant**



Those who get the **flu jab** for **medical reasons**



Those who have a **serious health condition**

If you need **urgent assistance** to help you access medicine, food or social contact and you are not able to call on friends, family or neighbours – **help is at hand.**

Call the **Hampshire Helpline** on **0333 370 4000\*** to discuss the help you need with our friendly advisors, open 9am to 5pm seven days a week.

\*standard call rates apply

