



**In the event of an emergency please call 999**

**Call the police on 101 if your situation is non-emergency**

**NHS24 is available on 111 for non-urgent medical help**

If you require assistance to call emergency services, you cannot get outside to access your medication. While you are waiting stick this hand in an easy to see window to alert your neighbours you need help.

**NEVER GIVE ANYONE MONEY**

**DO NOT LET SOMEONE YOU DON'T KNOW INTO THE HOUSE**

If you need something and they ask for money get them to contact someone you trust