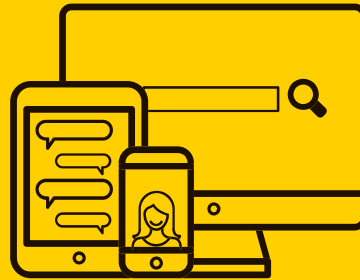


Stay connected through COVID-19

We want to help you get online, stay safe online and make the most of the internet.

You can access the internet on a smartphone, tablet, laptop or computer.



Support available

If you need help and support to get online, call the Community COVID-19 Support Helpline on **0800 234 6123**, or email us at **digitalinclusion@manchester.gov.uk**

Whatever your level of digital knowledge, we can help you.

If you are just starting out, we can help you to:

- turn on your device and get online
- search for information and advice
- access public services online, such as your GP and local council.

We can also help you to:

- shop for food and essentials online
- stay in touch with friends and family online
- watch television programmes
- listen online to radio stations, music and podcasts
- access libraries and cultural organisations.



Stay safe

There are lots of COVID-19 scams and fraudulent emails circulating at the moment. Here are tips to keep you safe:

- Don't click on links or attachments in suspicious emails.
- Don't respond to unsolicited text messages or calls that ask for your personal or financial details.
- If you're making a purchase from a company or person you don't know and trust, carry out some research first and ask a friend or family member for advice before completing the purchase.
- If you have one, use a credit card to make the payment, as most major credit card providers insure online purchases.

Manchester City Council services

Visit www.manchester.gov.uk/coronavirus to find the latest information on Council services, such as bin collections, changes to benefits, and COVID-19 updates.

Stay healthy

The coronavirus (COVID-19) outbreak means you should only leave your home if it's essential, but it's still easy to get NHS help using your smartphone, tablet or computer.

The website [nhs.uk/health-at-home](https://www.nhs.uk/health-at-home) has information to help you:

- contact your GP
- order repeat prescriptions
- manage long-term conditions
- maintain your mental and physical wellbeing.

Stay in touch

Making video calls instead of telephone calls can be a much nicer way of staying in touch and feeling less isolated, as you can see the faces of those you are speaking to.

On a smartphone you can do this by using **Whatsapp** or **Facetime**.

On a tablet, you can use **Zoom** to speak to many people at once.

Sign up to use social networks such as **Facebook**, **Instagram** or **Twitter** to connect and share.



Stay entertained

Places you may normally like to visit are offering lots to do online.

Manchester Libraries Facebook page
www.facebook.com/manchesterlibraries

Manchester Art Gallery's digital gallery
www.manchesterartgallery.org

Manchester Museum's digital collections
www.museum.manchester.ac.uk

The National Theatre are offering free full-length shows every Thursday.
www.nationaltheatre.org.uk/whats-on

The BBC website is also a great place to find lots of things to do.
www.bbc.co.uk

Every day from 7pm, United We Stream is offering live bands, DJs, singers and performers to entertain everyone in their homes.
unitedwestream.co.uk

