

If you need help you can contact the

South Norfolk Early Help Team

01508 533933 (8.15am -5pm)

0800 389 6109 (out of hours)

or complete their online self-isolating form at

<https://www.south-norfolk.gov.uk/residents/communities/coronavirus>

Volunteers can register on the above website which also contains other useful information and links

From Community Action Norfolk:

Sadly, there are individuals' at large taking advantages of others. If you think you've been scammed or become aware of any such incidents, report them to Action Fraud on 0300 123 2040 or Norfolk Trading Standards by calling 0800 223 1133. If you need advice, call the Citizens Advice Consumer Helpline on 0808 223 1133 and if you are in immediate danger, contact the police on 999. Make sure your colleagues or those in your community are aware of potential scams as telephone and internet scams are prevalent.

Below is a list of COVID-19 related scams compiled by Norfolk Trading Standards, you can sign up to receive scam alerts [here](#).

- Be aware of people offering miracle cures or vaccines for coronavirus – there is no specific treatment for coronavirus (COVID-19). Treatment aims to relieve the symptoms until you recover.
- People impersonating healthcare workers, claiming to be offering 'home-testing' for coronavirus – this is a scam and these kits are not currently available to buy.
- Emails saying that you can get a refund on taxes, utilities or similar are usually bogus and they are just after your personal and bank details.
- There are lots of fake products available to buy online that say they can protect you or cure coronavirus. These will not help and are designed to take your money.
- There are new mobile phone applications that claim to give you updates on the virus but instead, they lock your phone and demand a ransom.
- Your bank or the police will never ask for your bank details over the phone.
- People offering to do your shopping or collecting medication and asking for money upfront and then disappearing.

To learn more about different types of scams and how to protect yourself and others, visit www.FriendsAgainstScams.org.uk and complete the free online training.