

# 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](mailto: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](https://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** 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](https://www.facebook.com/manchesterlibraries)**

Manchester Art Gallery's digital gallery

**[www.manchesterartgallery.org](http://www.manchesterartgallery.org)**

Manchester Museum's digital collections

**[www.museum.manchester.ac.uk](http://www.museum.manchester.ac.uk)**

The National Theatre are offering free full-length shows every Thursday.

**[www.nationaltheatre.org.uk/whats-on](http://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](http://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](http://unitedwestream.co.uk)**

