



**G'DAY
NEIGHBOUR!**



*Just checking
in on you...*

**I CAN HELP
OUT WITH
MORE THAN
JUST A CUP
OF SUGAR.**



- I DO NOT HAVE COVID-19**
- I HAVE WASHED MY HANDS**

4 things you can do TO MAKE A POSITIVE DIFFERENCE IN OUR COMMUNITY...



Think of others, consider your actions and show compassion - **be kind**



Check on your neighbours - **give them a call**



Support vulnerable or isolated people



Share only **accurate information and advice** from trusted sources

Coronavirus is contagious.

Remember to:

- Wash your hands regularly for 20 seconds with soap and water.
- Use hand sanitizer in between hand washing.
- Avoid touching your face, nose and mouth.
- Keep a 1.5m distance from others.

HELLO! PLEASE
FEEL FREE TO
REACH OUT TO ME...

My name is

I live at

Call me on

I CAN HELP YOU WITH:

- Picking up groceries/medication
- A friendly phone call
- Sending mail
- Urgent supplies
- Dog walking
- Taking your animal to the vet (*if safe to do so*)

Other

**PLEASE CALL OR TEXT
ME AND I'LL DO MY BEST
TO HELP YOU (FOR FREE!)**