

G'Day Neighbour!

If you need support due to COVID-19, I would like to help.

My name is

My phone number is

I live locally in

I am willing to help with:

- | | |
|---|--|
| <input type="checkbox"/> Picking up supplies | <input type="checkbox"/> A friendly phone call |
| <input type="checkbox"/> Small urgent errands | <input type="checkbox"/> Other |

Just call or text me and I will do my best to help you (no cost!)

Coronavirus is contagious. I will take every precaution to ensure I am spreading only kindness. Any payment needed will be agreed in advance. Supplies will be left on your doorstep. I will wash my hands regularly and greet you by phone or from a distance of 2 metres.

If you are NOT self-isolating, here are some ideas for how you can help.

STAY CONNECTED Start a local neighbourhood community chat via a private Facebook or WhatsApp group - encourage your neighbours to exchange phone numbers and add new people to the group.

OFFER HELP Offer help to your neighbours who have to self-isolate in local social media groups or leave some flyers in your area. You can download this template to print.

THINK OF OTHERS Some people are too shy to ask for help. Call your friends, community group members, elderly and isolated people you know and ask if anyone needs a hand.

SHOP LOCAL Support local businesses to help them stay afloat. As non-essential services close, consider buying gift vouchers for use when they re-open.

SUPPORT EACH OTHER Consider if there is a way you could support the families with children during school closures.

For the latest information about the Coronavirus, please contact the ACT Health Information line on 1800 020 080 or visit www.health.act.gov.au

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