

# 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:

- Picking up supplies       A friendly phone call  
 Small urgent errands       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](http://www.health.act.gov.au)*