The power of connection.

If you'd like to help your neighbours or someone you know, print out these cards and drop them in their letterbox.

COVID-19 is highly contagious. Please take all necessary steps to protect yourself and stop the spread.
- Follow advice from government and health authorities
- Only undertake activities that you feel comfortable and safe doing
- Wash your hands regularly with soap
- Practise physical distancing, keeping at least 1.5 metres between yourself and others
- Do not let people into your home, especially strangers

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The power of connection.

Hello! If you are self-isolating or need support due to COVID-19, I can help.

My name is

I live locally at   **My number is**

I can help with:

☐ Picking up groceries or essential items   ☐ Collecting and posting mail   ☐ A friendly phone call
☐ Watering gardens   ☐ Putting out bins   ☐ Walking the dog
☐ Or

Just call or text and I'll do my best to help! Remember COVID-19 is highly contagious. Please take all necessary steps to protect yourself and others, and follow government advice. Items should be left on doorsteps.

redcross.org.au/covid19

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