The power of connection.

Social distancing will help us contain COVID-19, but social connection will get us through. These cards can help you stay connected with older neighbours and relatives while physically distancing. Print the card out, then post it or drop one in their letterbox. Or call them and use the ideas listed below to connect.

Please take all necessary steps to protect yourself and stop the spread of COVID-19.
- Follow advice from government and health authorities
- Wash your hands regularly with soap
- Practise physical distancing, keeping at least 1.5 metres between yourself and others

- Do not let people you don't know into your home or give them your contact details
- If you are under 18, get your parent/carer's permission first, and work on a plan together to ensure you are safe
- If you are under 16, we don't recommend including your phone number or email. Ask your parent/carer if you can use their contact details
- For useful online safety resources go to esafety.gov.au

For more information, tips and ideas for staying happy and hopeful redcross.org.au/COVID19 or call 1800 RED CROSS (733 276).

the **power** of humanity

AUSTRALIAN RED CROSS

✂ -

The power of connection.

Dear _____ while we are all self-isolating there are ways we can stay connected.

We can write letters to each other, connect over the phone or video chat. I can help you set up your smart phone, laptop or computer so we can connect on: ☐ WhatsApp ☐ FaceTime ☐ Zoom ☐ Skype or ☐ Other

Never provide confidential information or account passwords to someone you don't know. For tips about online safety go to esafety.gov.au

Here are some ideas of what we can do together over the phone or in a video call:

☐ Set up a regular phone or video chat
☐ Start a book club or choir
☐ Do a quiz, crossword or brain teaser together

☐ Play a virtual game, like chess or scrabble
☐ Share a skill, like crochet or knitting
☐ Or, write letters to each other

☐ Or _____

My number is _____ **My email is** _____

Kind regards _____

redcross.org.au/covid19
Please take all necessary steps to protect yourself and others and follow the advice of health authorities.

✂ -

The power of connection.