

Hello neighbour.

My name is:

I live at:

My phone number is:

If you are self isolating due to COVID-19 I can help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up supplies | <input type="checkbox"/> Running errands |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Walking a dog |

Coronavirus is contagious. Please take every precaution to ensure you are only **spreading kindness**. Avoid physical contact (1.5m distance). Wash your hands regularly. Items should be left on your doorstep. For more information visit www.health.gov.au

