

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:

- Picking up supplies
- Running errands
- A friendly phone call
- 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



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