Be a good neighbour

Hello! I hope this message finds you well. It's important that we stay connected at the moment.

Message:

My name is:

I live at:

My contact
number is:

If you are self isolating due to Coronavirus I can help with:

☐ Picking up shopping
☐ Posting mail
☐ Delivering urgent supplies
☐ Organising a time to have a chat on the phone

You can return this note to my letter box or give me a call to see how else I might be able to help you. Any deliveries will be left in a safe place at your door to maintain social distancing.
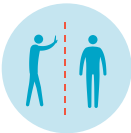
Coronavirus General Tips

Wash your hands regularly with soap and warm water for a minimum of 20 seconds

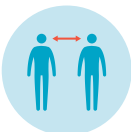Avoid touching your eyes, nose and mouth

Cover your mouth and nose when sneezing and coughing

Avoid shaking hands or physical contact when greeting someone

Avoid close contact with anyone showing respiratory symptoms

Try to keep a 1.5 metre distance from other individuals where possible

Stay home, stay safe

Stay connected