

DEAR NEIGHBOUR

If you are self-isolating, unwell or avoiding crowded places,
I can help.

My name is:

I live at:

My phone number is:

I can help with:

- | | |
|---|---|
| <input type="checkbox"/> Picking up groceries | <input type="checkbox"/> Running errands |
| <input type="checkbox"/> Walking the dog | <input type="checkbox"/> Posting mail or paying bills |

Call or text me and I'll do my best to help.

Please be advised I'll be practicing social distancing (1.5m) at all times. If you are self-isolating due to recent travel or contact with a confirmed case of COVID-19, please let me know as I will be following the Australian Government guidelines for self-isolation. These can be found at www.health.gov.au.