

Kia Ora!



If you're self-isolating, or home sick due to COVID-19, I'm here to help.

My name: _____

My address: _____

My phone number: _____

I'm willing to lend a hand by:

picking up / dropping off shopping running errands
 a friendly phone or video call _____

Call or text me and let's work out what you need.

Thanks for self-isolating! What you are doing is helping to protect you, your family, our community and all of New Zealand.

New Zealand Government

**Unite
against
COVID-19**



**Be kind.
Check-in on
the elderly or
vulnerable.**

Make a difference by:

- checking-in on any elderly or vulnerable people you know
- dropping supplies to those at home sick.



**Washing
and drying
your hands
kills the virus**

**Wash often. Use soap.
20 seconds. Then dry.**
This kills the virus by bursting its protective bubble.



**Cough or
sneeze
into your
elbow**

It keeps the virus off your hands, so you won't spread it to other people and make them sick too.



**Stay home
if you are sick**

Call your GP before visiting them.
Or call Healthline on **0800 358 5453**.

Find out more at **Covid19.govt.nz**

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