



# What can I do to help during a pandemic?

REACH OUT | LOOK OUT | HELP OUT



Check-in on vulnerable or isolated neighbours



Wash your hands and keep a safe distance



Be kind, stay informed, and support one another



For the latest COVID-19 health advice, visit the Ministry of Health - Manatū Hauora's website: [www.health.govt.nz](http://www.health.govt.nz)

**Neighbourhood Support New Zealand**

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