



What can I do to help during a pandemic?

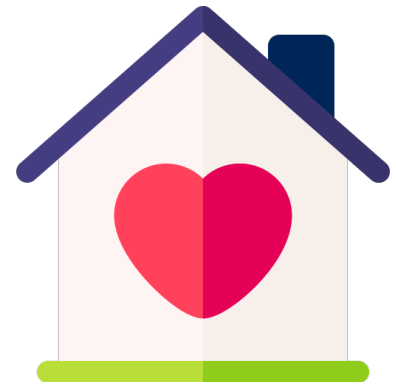
REACH OUT | **LOOK OUT** | **HELP OUT**



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

Neighbourhood Support New Zealand

Creating safe, resilient and connected communities.
0800 4 NEIGHBOURS | neighbourhoodsupport.co.nz

