

It's Time to Get Prepared

Getting Our Neighbourhoods Ready for Omicron

Have a plan for your neighbourhood

Now is a great time to put a neighbourhood plan in place. Who can help with things like shopping or walking your dog if you are required to self-isolate? Contact us for resources to help put a plan together.



Find ways to stay socially connected

Do you have family, friends or a neighbour who you can check in with each day to ensure you stay socially connected? This will really support your wellbeing if you are required to self-isolate.



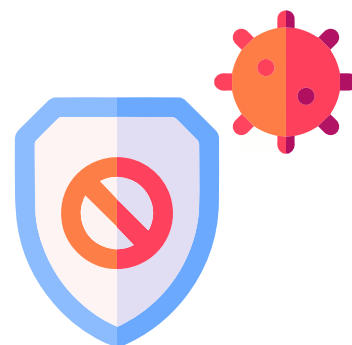
Update your home's emergency kit

This might include repeats of any essential medications, pain relievers, a thermometer, easy meals, perhaps some additional vitamin C & D, and simple things like tissues and cleaning products.



Take a prevention first approach

If you are able, make sure you wear an appropriate mask when you are out and about; keep your home well ventilated; practice good hygiene; be kind; be calm and stay positive. We've got this!



Neighbourhood Support New Zealand

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

