

# KIA ORA NEIGHBOUR!

If you are self-isolating, I can help provide support.

**My name is:**

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**My address is:**

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**My phone number is:**

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**If you are self-isolating. I'd be happy to help with:**

- Shopping**       **Urgent supplies**
- A friendly call**       **Other: \_\_\_\_\_**

Just call / text me and I'll do my best to help out (for free). COVID-19 is contagious so we both need to take precautions to ensure we are only spreading kindness. The Ministry of Health website ([www.health.govt.nz](http://www.health.govt.nz)) has the latest info. Let's both keep up-to-date. If your symptoms worsen you can phone the NZ COVID-19 Healthline on 0800 358 5453, or 111 in an emergency.



**Creating safe, resilient and connected communities.**