



# Do you know your neighbours?

Now is a great time to start a Neighbourhood Support group, exchange contact information or update details. Neighbours that know each other are more likely to offer, accept and ask for help. Let's build a stronger Aotearoa by staying more connected.

## My nearest neighbours details:



**0800 4 NEIGHBOURS**

Creating safe, resilient and connected communities.

[neighbourhoodsupport.co.nz](http://neighbourhoodsupport.co.nz)

Name:  
Phone:  
Email:  
Address:

Name:  
Phone:  
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Name:  
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Name:  
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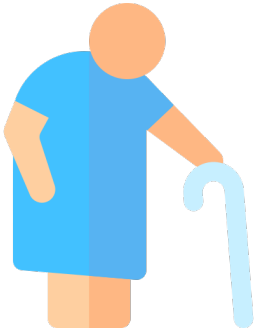
Name:  
Phone:  
Email:  
Address:

My Local  
Neighbourhood  
Support Contact:



# What can I do to help during a pandemic?

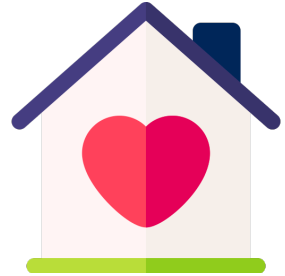
REACH OUT | LOOK OUT | HELP OUT



**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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