

A random act of kindness...just connect with others

If you'd like to help your neighbours or someone you know, print out these cards and drop them in their letterbox. COVID-19 is highly contagious. Please take all necessary steps to protect yourself and stop the spread.

- Follow advice from government and health authorities
- Only undertake activities that you feel comfortable and safe doing
 - Wash your hands regularly with soap
- Practise physical distancing, keeping at least 1.5 metres between yourself and others
 - Do not let people into your home, especially strangers

Kindness in connecting ...you are not alone

Hello! If you are self-isolating or need support due to COVID-19, I can help.

My name is _____ I live locally at _____

My number is _____

I can help with: Picking up groceries or essential items Collecting and posting mail

A friendly phone call watering gardens putting out bins walking the dog

Or Just call or text and I'll do my best to help!

Remember COVID-19 is highly contagious. Please take all necessary steps to protect yourself and others, and follow government advice. Items should be left on doorsteps.

www.sspan.org.au

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