

Hello!



If you're self-isolating or practising social distancing due to coronavirus, I can help.

My name is:

I live locally in:

My phone number is:

I can help with:

Picking up shopping

A friendly phone call

Urgent supplies

Other

Just call or text me and I'll do my best to help.

Or join our community care online group:

Help + other advice

Healthdirect hotline: 1800 022 222

Speak to a registered nurse

Coronavirus Health Information Line: 1800 020 080

Call this line if you are seeking information on coronavirus.

Lifeline: 13 11 14 or text 0477 13 11 14

Avoid physical contact (keep 2 metres distance), wash hands regularly and leave all deliveries outside the door.

For more advice visit:

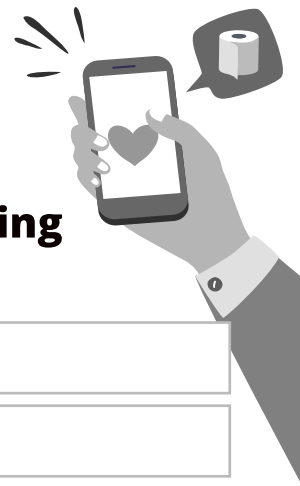
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