

Kia Ora!



If you're self-isolating, or home sick due to COVID-19, I'm here to help.

My name: _____

My address: _____

My phone number: _____

I'm willing to lend a hand by:

- picking up / dropping off shopping running errands
 a friendly phone or video call _____

Call or text me and let's work out what you need.

Thanks for self-isolating! What you are doing is helping to protect you, your family, our community and all of New Zealand.

New Zealand Government

**Unite
against
COVID-19**



Be kind.
Check-in on
the elderly or
vulnerable.

Make a difference by:

- checking-in on any elderly or vulnerable people you know
- dropping supplies to those at home sick.



Washing
and drying
your hands
kills the virus

**Wash often. Use soap.
20 seconds. Then dry.**

This kills the virus
by bursting its
protective bubble.



Cough or
sneeze
into your
elbow

**It keeps the virus off
your hands**, so you
won't spread it to
other people and
make them sick too.



Stay home
if you are sick

**Call your GP before
visiting them.**
Or call Healthline
on **0800 358 5453**.

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

New Zealand Government

Unite
against
COVID-19