

HELLO

If you are self-isolating, I can help.

My name is:

.....

I live locally at:

.....

My phone number is:

.....

If you are in self-quarantine due to novel coronavirus (COVID-19) I can help you with:

- | | |
|---|---|
| <input type="checkbox"/> Grocery shopping | <input type="checkbox"/> Posting or collecting mail |
| <input type="checkbox"/> A phone call | <input type="checkbox"/> Medicines or urgent supplies |

Just phone or text me and I'll do my best to help you (for free).

**Novel coronavirus (COVID-19) is contagious.
Avoid physical contact (stay 1.5m away from people).
Wash your hands regularly. Items should be left on the door step.**

Further information www.health.qld.gov.au/coronavirus

A Queensland Health initiative



**Queensland
Government**