

KIA ORA NEIGHBOUR!

If you are self-isolating, I can help provide support.

My name is:

My address is:

My phone number is:

If you are self-isolating. I'd be happy to help with:

- Shopping** **Urgent supplies**
- A friendly call** **Other:** _____

Just call / text me and I'll do my best to help out (for free). COVID-19 is contagious so we both need to take precautions to ensure we are only spreading kindness. The Ministry of Health website (www.health.govt.nz) has the latest info. Let's both keep up-to-date. If your symptoms worsen you can phone the NZ COVID-19 Healthline on 0800 358 5453, or 111 in an emergency.

