Hello my name is _____

The suburb I live in is _____

You can call me on _____

**If you are self isolating due to the Covid-19 outbreak
I can help you by:**

☐ **Assisting with shopping**   ☐ **Calling to check in**   ☐ **Walking your dog**
☐ **Posting mail**   ☐ **Urgent supplies**   ☐ **Other** _____

Just call or send me a text and I'll be happy to help

For official COVID-19 advice visit www.health.qld.gov.au/coronavirus or call 13 HEALTH (13 43 25 84)

Post examples of kindness using #BeKindQLD on social media. Let's stick together!

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