

I DO NOT  
HAVE  
COVID-19.

I HAVE  
WASHED  
MY HANDS!

**G'DAY  
NEIGHBOUR!**

*Just checking  
in on you...*

**I CAN HELP  
OUT WITH  
MORE THAN  
JUST A CUP  
OF SUGAR.**



# 4 things you can do TO MAKE A POSITIVE DIFFERENCE IN OUR COMMUNITY...



Think of others, consider your actions and show compassion - **be kind**



Check on your neighbours - **give them a call**



**Support** vulnerable or isolated people



Share only **accurate information and advice** from trusted sources

## COVID-19 is contagious.

Remember to:

- Wash your hands regularly for 20 seconds with soap and water.
- Use hand sanitiser in between hand washing.
- Avoid touching your face, nose and mouth.
- Keep a 1.5m distance from others.

**HELLO! PLEASE  
FEEL FREE TO  
REACH OUT TO ME...**

My name is

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I live at

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Call me on

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## I CAN HELP YOU WITH:

- Picking up groceries/medication
- A friendly phone call
- Sending mail
- Urgent supplies
- Dog walking
- Taking your animal to the vet (*if safe to do so*)

Other

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**PLEASE CALL OR TEXT  
ME AND I'LL DO MY BEST  
TO HELP YOU (FOR FREE!)**

 [disaster.townsville.qld.gov.au](https://disaster.townsville.qld.gov.au)

Lifeline 13 11 14 | Beyond Blue 1800 512 348