

☒ 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**



G'DAY!

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



**CAN I
HELP?**

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

I live at

Call me on

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

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



disaster.townsville.qld.gov.au

Lifeline 13 11 14 | Beyond Blue 1800 512 348