

COVID-19 GOOD NEIGHBOUR GUIDE

If you want to offer help to those who are self-isolating, here is our guide to help ensure you are only spreading kindness and not anything else.

The Coronavirus is contagious, and we do not know fully how it spreads so if you want to help then you do so at your own risk and make sure you follow all the practical measures to keep as safe as possible (see below)

If you are over 70 and/or have a medical condition that makes you more vulnerable, then please do not put yourself at further risk by offering to help others.

To help keep yourself and others safe:

- Avoid physical contact (minimum 2m distance)
- Leave any items on the doorstep
- Avoid going inside someone's home
- Wash your hands fully & regularly
- Ask the person you are helping to wash their hands too (particularly after receiving any deliveries)

This leaflet was produced on 15/03/2020 and follows government recommendations correct at this time. Please keep checking www.gov.uk and official advice for the latest information as we understand more about COVID-19 and the risks involved. Call NHS on 111 if you think you might have the virus and/or look at their [online guidance](#).

Cut the section below and leave for your neighbours. Only fill in the contact and personal information you feel comfortable doing, e.g. you don't need to give your full address just the street.



Self-isolating? I can Help

If you are self-isolating due to COVID-19 I can help with:

- Picking up shopping
- Posting mail
- A friendly phone call
- Urgent Supplies

My name is

I live nearby at

My contact number/email is

Please note that I am just a local neighbour who wants to help. I have not been vetted or approved by an official agency. Please do not invite me inside your home and take all precautions necessary to keep yourself safe.