

# CORONAVIRUS

## HELPING HANDS

*Hello* my name is: \_\_\_\_\_

I live in the area of \_\_\_\_\_

My number is: \_\_\_\_\_

My email is: \_\_\_\_\_

If you're in isolation or concerned about leaving the house I'm here to help:

Picking up shopping

Company via phone or video call

Picking up medication

Hand sanitiser

Posting mail

Dog walking

COVID-19 is very contagious. That said, by regularly washing your hands with soap or santiser, coughing into a clean tissue/ crook of your elbow and keeping a 2 metre distance from anyone displaying symtoms, you reduce your risk of contracting the virus. If you become unwell self-isolation for 7 days is advised. For further help and advice call NHS direct on 111.

During these unprecedented times, we are relying upon the kindness of human nature, so if at any point you don't feel safe with someone or should an incident arise please contact us immediately via our Facebook page:

[facebook.com/CoronavirusHelpUK](https://www.facebook.com/CoronavirusHelpUK) or on +44 (0) 7775 039 234.

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