

Dear neighbour, I can help

IF YOU ARE SELF-ISOLATING OR NEED ASSISTANCE

My name is _____

I live locally at _____

My phone number is _____

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

- Picking up shopping Posting mail Friendly phonecall Urgent supplies

Just call or text me and I'll do my best to help

Funded from Parliamentary Budget



WASH HANDS OFTEN WITH SOAP & WATER OR HAND SANITISER



COVER YOUR FACE WHEN COUGHING OR SNEEZING



PRACTISE SOCIAL DISTANCING OF 1.5 METRES

Important contacts

PLEASE KEEP TRIPLE ZERO (000) FOR EMERGENCIES

National Coronavirus Helpline 1800 020 080
Victorian Coronavirus Hotline 1800 675 398
Dedicated Business Hotline 13 22 15



Steph Ryan MP

MEMBER FOR EUROA

Telephone 03 5762 1600
steph.ryan@parliament.vic.gov.au

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