

# Hello! If you are self-isolating or at home alone, I can help.

My name is .....

I live locally at .....

My phone number is .....

## If you are self-isolating or staying at home alone, I can help with:

- |   |  |
|---|--|
| <input type="radio"/> Picking up shopping   | <input type="radio"/> Urgent supplies  |
| <input type="radio"/> A friendly phone call | <input type="radio"/> Calling COTA NT for you <b>08 8941 1004</b>                                |
| <input type="radio"/> Posting mail          | <input type="radio"/> Getting advice for you from the<br>Coronavirus hotline <b>1800 020 080</b> |

Just call or text me and I'll do my best to help you (for free!)

*Coronavirus is contagious. Please take every precaution to ensure you are keeping senior Territorians safe. Avoid physical contact (stay 1.5m away). Wash your hands regularly. Items should be left on the doorstep. Know that advice is available at [coronavirus.nt.gov.au](https://coronavirus.nt.gov.au).*



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