Community Care

anglican movement
DIOCESE OF WELLINGTON

Safety stuff:

- Don’t go out if you are sick.
- Stay two metres from other people at all times.
- If possible, go out in pairs and stay in visual contact, with one person doing each side of the street.
- Don’t go into anyone’s house.
- Don’t go onto any property with a dog.
- Don’t enter a property if it feels unsafe to do so.

Useful information:
Symptoms of Covid-19 include a cough, a high temperature (at least 38°C), shortness of breath. Suspect you’re sick? Phone Healthline Coronavirus number 0800 358 5453. They have interpreters available. Phone ahead before going to GP or hospital.

Need to talk to a counsellor? Phone or text 1737.

Lockdown rules:
Everyone must stay in their own home, except ‘essential workers’ in certain jobs such as supermarkets, pharmacies and banks. One person per household can go out for essentials like groceries. You can go out for a walk, but must stay 2 metres away from people. Keep yourself and others safe by washing hands with soap, and staying at home.

Neighbour's Name	Address	Phone #	What help might they need?

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