



# 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. 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.

H&F Council has launched its Community Aid Network (h&f CAN) to coordinate an army of local volunteers and if you want to help then [please register with this service here](#). In addition, to ensure that no one who needs help gets missed, this Guide will enable you to find others who need support. To help keep yourself and others safe, **please act as if you are a potential carrier of the virus** and take all practical measures to prevent passing it on to others more vulnerable:

- Avoid physical contact (minimum 2m distance, about 3 steps)
- Leave any items on the doorstep
- Avoid going inside someone’s home
- Follow [social distancing guidelines](#)
- Wash your hands fully (at least 20 secs) & regularly
- Ask the person you are helping to wash their hands too (particularly after receiving any deliveries)

This leaflet was produced on 18/03/2020 and follows government recommendations correct at this time. Please keep checking <https://www.gov.uk> and official advice for the latest information as we understand more about COVID-19 and the risks involved. If you think you might have the virus, please check NHS [online guidance](#) for what to do or call 111 only if you have no access to the internet and your condition is worsening.

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 we can help with: **A friendly phone call | Picking up shopping**

**Posting mail | Urgent supplies | Please also get in touch if you’re well and able to help out**

My name is

I live nearby on

My contact number/email is

All the recommended government precautions have been taken to ensure this leaflet was handled in a way to minimise risk of transmission. Please note I am just a local neighbour who wants to help, I am not part of the council or an agency. Please do not invite me into your home and take all the precautions necessary to keep yourself safe.