

Hello!

I'm doing neighbourly volunteering for those nearby who may be self-isolating due to coronavirus (COVID-19)

My name is:

My phone number is:

You can: **Call me** **Text me**

I live locally:

I'm happy to help with:

- **If you have a cough, high temperature or shortness of breath** and feel you cannot cope with your symptoms at home, your condition gets worse or your symptoms do not get better after 7 days, please call NHS 111.
- **As a neighbourly volunteer, I am acting independently.** I pledge to not profit from the help I provide you and I will maintain social distancing and take extreme care to keep clean hands to ensure I don't jeopardise our health.
- **Don't feel pressured to accept help from a stranger and never hand-over money or bank details to someone you don't know who is offering to help you.** If possible, call a friend or family member to discuss the help you've been offered.
- **For more information call Age UK Isle of Wight on 01983 525282 or visit ageukiw.org.uk**

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