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:			
Hello! I'm doing neighbourly volunteering for those nearby who may be self-isolating due to coronavirus (COVID-19)			
for those nearby who may be self-isolating due to coronavirus			
for those nearby who may be self-isolating due to coronavirus			
for those nearby who may be self-isolating due to coronavirus (COVID-19)			
for those nearby who may be self-isolating due to coronavirus (COVID-19) My name is:			
for those nearby who may be self-isolating due to coronavirus (COVID-19) My name is: My phone number is: You can:			
for those nearby who may be self-isolating due to coronavirus (COVID-19) My name is: My phone number is: You can:			
for those nearby who may be self-isolating due to coronavirus (COVID-19) My name is: My phone number is: You can:			

- 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

If you have a cough, high temperature

your symptoms do not get better after 7

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

money or bank details to someone

from a stranger and never hand-over

you don't know who is offering to help

member to discuss the help you've been

For more information call Age UK Isle

of Wight on 01983 525282 or visit

you. If possible, call a friend or family

offered.

ageukiw.org.uk

or shortness of breath and feel you

cannot cope with your symptoms at

home, your condition gets worse or

days, please call NHS 111.

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 I live locally:	Text me
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

Hello!

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

My phone number is:		
You can: I live locally	_	Text me
I'm happy t	o 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