

Social Distancing

AVOID

- Group gatherings
- Playdates / sleepovers
- Visiting the elderly
- Crowded shops
- Gyms
- Bars /restaurants
- Visitors to your home
- Non essential outings/travelling

CAUTION

- Supermarket visits
- Pharmacy visits
- Essential traveling
- Public transport
- Check on family, friends and the elderly safely

SAFE

- Go for a walk /run
- Exercise in your home
- Working / DIY in your home / garden
- Reading / watching TV
- Going for a drive
- Phone / video calls

HELLO! If you are self-isolating, I can help.

My name is

I live locally at **Aberchalder** **Errogie** **Glenlia** **Gorthleck**

Lower Foyers **Upper Foyers** **Inverfarigaig** **Torness** **Trinloist** **Whitebridge**

My phone number is

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies



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 spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness