

Starting Neighbourhood Group while Physically Distancing

Health and Safety Information

Door knocking and card delivery

- Make sure you have clean hands and are feeling well before you head out or before you are handling cards.
- If you have a family member to help, one person can be opening the letterbox or knocking on doors while the other looks after the card delivery/handover.
- Knock on the door firmly or ring the bell but then step back to ensure you stay at least 1.5 metres away from others.
- Keep the Neighbourhood Connection cards in a plastic bag to keep them clean
- Use an alcohol-based hand sanitiser as required between deliveries.
- Wash your hands when you return home.

Important: Before you get started, read more on COVID 19 for your state or territory.

Health and legal advice can differ, depending on where you live. We advise you to regularly visit your state's page for the latest guidelines:

- [Click here for New South Wales](#)
- [Click here for Victoria](#)
- [Click here for South Australia](#)
- [Click here for Western Australia](#)
- [Click here for Queensland](#)
- [Click here for Tasmania](#)
- [Click here for ACT](#)
- [Click here for Northern Territory](#)

If you need other support, link here to other services.

Beyond Blue

24/7 support and advice with a focus on depression, anxiety and suicide prevention. Phone 1300 224 636; or visit beyondblue.org.au.

Lifeline

24/7 support for those experiencing challenges with their mental health, or simply needing someone to talk to in times of crisis.

Phone 13 11 14; or visit lifelinewa.org.au.

National Coronavirus Helpline

Call this line if you are seeking information on coronavirus. The line operates 24 hours a day, seven days a week. **1800 020 080**