# #ViralKindness Card

This brilliant "Creative Commons" card promotes kindness in times when the community connection needs to take a different approach. Wash your hands, print this, fill it out and pop in your neighbour's letterbox or under their door. *Resource: Relationships Australia. [Thanks to Becky in the UK for this clever idea.]*

---

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

**My name is**
............................................................................... ..

**I live locally at**
............................................................................... ..

**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

---

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

**My name is**
............................................................................... ..

**I live locally at**
............................................................................... ..

**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

# Calling cards

Designed to be printed on A4 paper or card, for you to connect with your neighbours and to leave messages of support. Wash your hands, print this, fill it out and pop in your neighbour's letterbox or under their door.
*Resource: Relationships Australia*

**neighbour day**
Every day is neighbour day
neighbourday.org

... From your neighbour

The community you want starts at your front door™

🐦 @NeighbourDay    f /neighbourday    📷 @NeighbourDay

**neighbour day**
Every day is neighbour day
neighbourday.org

... From your neighbour

The community you want starts at your front door™

🐦 @NeighbourDay    f /neighbourday    📷 @NeighbourDay

**neighbour day**
Every day is neighbour day
neighbourday.org

... From your neighbour

The community you want starts at your front door™

🐦 @NeighbourDay    f /neighbourday    📷 @NeighbourDay

**neighbour day**
Every day is neighbour day
neighbourday.org

... From your neighbour

The community you want starts at your front door™

🐦 @NeighbourDay    f /neighbourday    📷 @NeighbourDay

**neighbour day**
Every day is neighbour day
neighbourday.org

... From your neighbour

The community you want starts at your front door™

🐦 @NeighbourDay    f /neighbourday    📷 @NeighbourDay

**neighbour day**
Every day is neighbour day
neighbourday.org

... From your neighbour

The community you want starts at your front door™

🐦 @NeighbourDay    f /neighbourday    📷 @NeighbourDay

**neighbour day**
Every day is neighbour day
neighbourday.org

... From your neighbour

The community you want starts at your front door™

🐦 @NeighbourDay    f /neighbourday    📷 @NeighbourDay

**neighbour day**
Every day is neighbour day
neighbourday.org

... From your neighbour

The community you want starts at your front door™

🐦 @NeighbourDay    f /neighbourday    📷 @NeighbourDay