

# COVID-19 COMMUNITY SUPPORT

Hi Neighbours!

If you are self-isolating or are isolated by circumstances over the next weeks or months, or if you are working overtime in the healthcare sector, **please don't be afraid to call on your neighbours for support.**

If you need things from the shop, prescriptions, or errands done, please do ask for help.

You can find up to date information about the Coronavirus on the HSE website. [www.hse.ie](http://www.hse.ie)  
You can also call their helpline: **1850 24 1850**.

For older people, ALONE also have a helpline in collaboration with the HSE: **081 822 2024**.

These anxious times can be particularly hard when we are isolated from each other. If you need any help – **whether its messages run or if you would like to chat to a friendly neighbour, please give me a call:**