Do you, or someone you know, need help?

Follow these FOUR SIMPLE STEPS to getting the assistance you need.

If you are over 70, living alone, a solo parent, pregnant, immunocompromised or have an existing medical condition, to ensure you’re able to stay safe at home, you need:

1. **A trusted buddy to deliver medicine and/or groceries.**
   - Do you have a family member, friend or neighbour that you trust?

2. **An online or phone service to order groceries or medicines.**
   - Do you have online or phone access and a credit or debit card, to be able to place an order with Unichem, New World, Countdown, Bucks or Waipawa Butchery?

3. **A trusted network, community organisation or group.**
   - Are you a part of a trusted network, community organisation or group such as Age Concern, a Marae or Te Taiwhenua o Tamatea, WINZ, Red Cross, Youth Group or other similar support mechanisms?

4. **A call to 0800 HBAYCD (0800 422 923) for help.**
   - Someone will be on the end of the phone to provide local connections to the services you need.

For local advice related to business, essential services and facilities please visit [www.chbdc.govt.nz](http://www.chbdc.govt.nz) and search #covid19 or call [06 857 8060](http://06 857 8060) for 24 hour telephone service.