

[mildura.vic.gov.au/BeKind](http://mildura.vic.gov.au/BeKind)

#BeKindMRCC



*be kind*

**These are unprecedented times and they are tough.  
Let's band together as a community and show a little kindness  
as we face the challenges of COVID-19.**

Call (03) 5018 8588 or visit [mildura.vic.gov.au/BeKind](http://mildura.vic.gov.au/BeKind) for ideas and services to support you during the pandemic.

# be kind

## TO OTHERS

- Leave a note at your neighbour's door to check in on them
  - Call a friend or loved one for a chat
  - Make a homemade meal for someone doing it tough
- Do a grocery shop for someone who can't
  - Offer to help a local community group or charity

# be kind

## TO YOURSELF

- Take a walk and get some fresh air
  - Listen to music or read a book
  - Switch off from your screen
    - Go to bed a bit earlier
- Reach out to a friend, support service or GP if you need help

# be kind

## STAY SAFE

- Follow the latest advice from the Victorian Department of Health and Human Services
  - Wash your hands regularly
- Get tested for COVID-19 and stay home if you're feeling unwell
- Wear a face covering when leaving your home
  - If you are in danger call 000

# be kind

## TO BUSINESS

- Buy a voucher to use at a later date
- Enjoy a takeaway or home delivered meal
  - Promote local businesses you love on social media
- Buy direct from local producers and farmers
- Commit to buying local whenever you can