

#neighbourshelpingneighbours

First, Protect Yourself

Stay Away From Crowds of 10 or More

- Avoid close contact with people who are sick
- Put distance between yourself and others if COVID-19 is spread in your community

Confirm You Are Not Symptomatic or At Risk

- Are you healthy and not [symptomatic](#)?
- Are you part of an [at-risk group](#)?



Then, Prepare to Help Others - Safely!

Use Virtual Tools if Available

- NextDoor, WhatsApp & Facebook Groups are great online forums to confirm needs with neighbours

Ring Doorbell Then Move Back a Safe Distance

- Talk to your neighbour from a safe distance (six feet) to minimize contact

Check on Welfare and Confirm Any Needs

- Is your neighbour experiencing any symptoms? If yes, direct them to call their local public health hotline
- Confirm if your neighbour has a need you can safely, individually support

Wash Your Hands

- Wash your hands often with soap and water for at least 20 seconds
- If necessary, use hand sanitizer which contains at least 60% alcohol
- While washing, cover entirety of your hands and rub together until dry
- Avoid touching your face with unwashed hands

Sanitize Items Before Pickup or Dropoff

- If delivering an item, sanitize with wipes, etc before pickup or drop off (and wash your hands!)

Do Not Make Physical Contact

- Exercise social distancing (six feet) when around neighbours
- If possible, leave items at a neighbour's front door

Sanitize After Every Action