

## HELLO NEIGHBOURS!

MY NAME IS \_\_\_\_\_, INCASE WE HAVEN'T MET YET.

I wanted to reach out to other neighbours on \_\_\_\_\_, to make sure that everyone has been able to prepare for coronavirus, and the social distancing measures that have been recommended, to help slow/reduce its spread.

I especially wanted to check-in with anyone who might need any extra community support; those who are older, immunocompromised, work in healthcare, have a chronic illness, or don't have time or resources to prepare.

**If you need help, I'm willing to help however I can** — such as picking up groceries, medications, urgent supplies, or anything else that might help reduce risk if you're vulnerable to transmission.

If you'd like to create a group that can respond to requests for help from our neighbours, please call / text / email us — we'll figure out how to organize ourselves so we can check in with each other, share needs, and take care of each other.

You can email me at \_\_\_\_\_, or call or text \_\_\_\_\_.

***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.***

### **MUST READs for Community Care safety:**

- Humanity in times of COVID-19: How to help each other properly  
<https://medium.com/@benmaier/humanity-in-times-of-covid-19-how-to-help-each-other-properly-848475dee7a5>
- SUGGESTED HEALTH & SAFETY GUIDELINES FOR VOLUNTEERS SUPPORTING HIGH-RISK COMMUNITY MEMBERS DURING COVID19  
<https://docs.google.com/document/d/1I7Bxen7njYCYgSqcntt3PI739BqDE88USKb4vx0o md4/edit?usp=sharing>

-- MORE TEMPLATES --

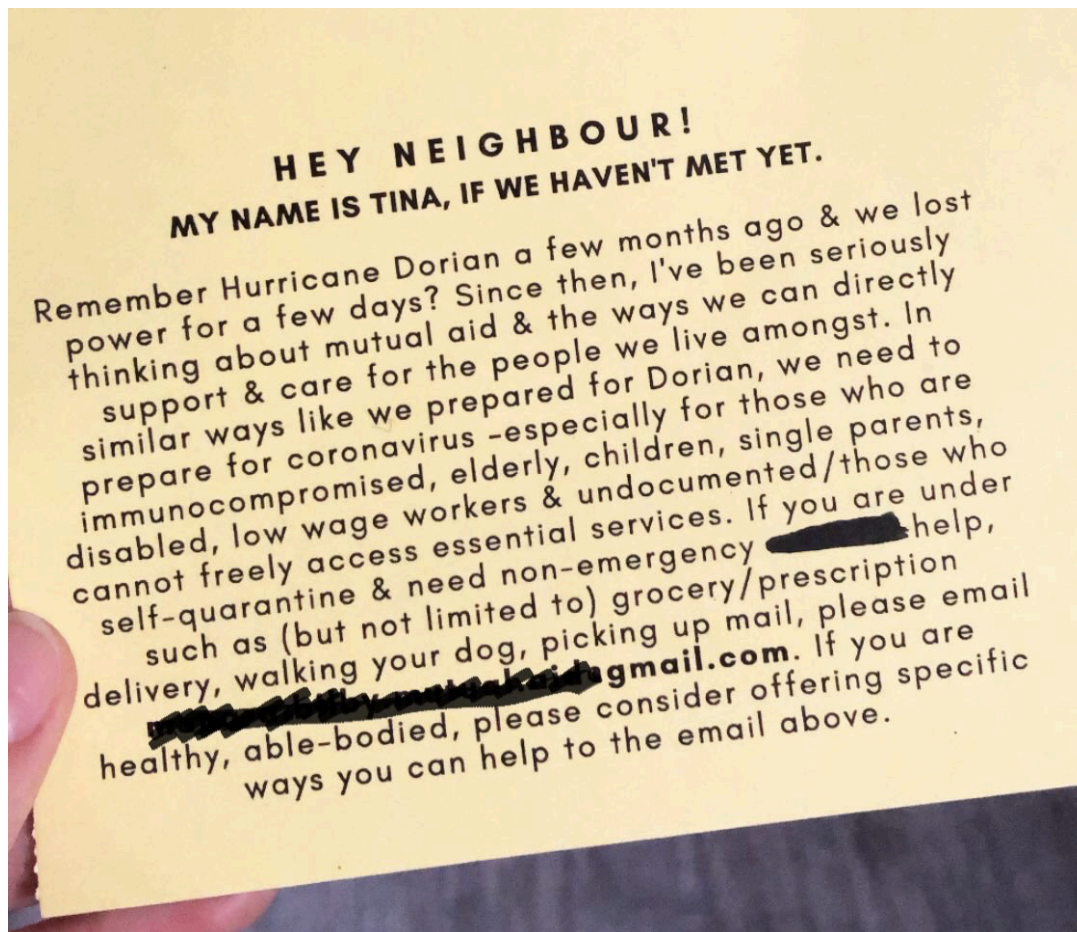
Hey! I'm Amara, one of your neighbours.

I'm sure many of you are feeling anxious about coronavirus, especially if you're older, work in health care, have a chronic illness, or don't have time or resources to prepare.

**If you need help, I'm willing to help whenever I can** - grabbing groceries, medication, or anything else that might put you at risk if you're vulnerable to transmission.

You can email me at (email) or call/text me at (phone).

**If any of you want to create a group that can respond to requests for support from our neighbours, please call/text/email me** — we'll figure out how to organize ourselves so we can check in with each other, share needs, and take care of each other!





**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:

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping   | <input type="checkbox"/> Posting mail    |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

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#ViralKindness

Hello neighbours,

My name is Kyle and I live here in the building. I'm sure many of you are feeling anxious about the coronavirus, especially if you're older, work in healthcare, are vulnerable, or don't have the time or resources to prepare.

IF YOU NEED HELP, I'M WILLING TO HELP  
WHEREVER I CAN, AT NO CHARGE!  
→ GROCERIES, MEDICATION, PET-CARE

ANYTHING YOU NEED - that might put you or someone you love at risk who is vulnerable to transmission.

Please call/text: [REDACTED]

Email: [REDACTED]

Let's be kind to one another!

Kyle

#InThisTogetherToronto