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 neighbors

Ring Doorbell Then Move Back a Safe Distance
- Talk to your neighbor from a safe distance (six feet) to minimize contact

Check on Welfare and Confirm Any Needs
- Is your neighbor experiencing any symptoms? If yes, direct them to call their local public health hotline
- Confirm if your neighbor 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 neighbors
- If possible, leave items at a neighbor’s front door

Sanitize After Every Action