

# NEIGHBORS HELPING NEIGHBORS

## WE ARE ALL IN THIS TOGETHER!

If you want to help your neighbors, those most at risk, the best thing to do is actively practice social distancing. Social distancing is the most important and valuable tool we have to slow the spread of COVID-19. This includes remaining at least 6 feet from the person if there is interaction, do not shake hands, wash your hands, and stay away from your neighbors and those in your home if you feel ill.

### Other ways you can help while practicing social distancing:

- 1. If you have over-purchased basic supplies** like canned goods, cleaning supplies, and toilet paper, donate some to your neighbor. You can put the supplies at their doorstep. And sanitize before and after delivery.
- 2. Use technology to be “together.”** Being isolated will create loneliness for many of us. For older adults, set-up options for them to use Facetime, Skype, or other video calling options. Implement social distancing when helping with the set-up, wash your hands before and after being with the person and sanitize the device.
- 3. Call and text regularly** to check on your neighbors, especially those that are more vulnerable. Make time to chat with your neighbors.
- 4. Help set up grocery delivery or curbside pickup.** That way, they do their own shopping and be in control. Implement social distancing when helping with the set-up wash your hands before and after being with the person and sanitize the device.
- 5. Volunteer for meal delivery services.** Agencies that provide meals to seniors may need extra assistance to deliver meals to seniors.
- 6. Buy the person an audiobook or podcast.** Some may need help navigating them at first. Then call on them to see how they like the book, create a virtual book club in your neighborhood.
- 7. Run errands, but consolidate to limit everyone’s exposure.** Everyone, not just older people, should be staying away from others as much as possible. So, pick up groceries for others who can’t, but limit trips. You can leave the goods at the front door or make sure to maintain a distance when you enter a home. Wash your hands before and after making the delivery.

### For more information:

The public can call 211-information with general questions

OHA Emerging Respiratory Disease page: [healthoregon.org/coronavirus](https://healthoregon.org/coronavirus)

CDC COVID-19 page: [cdc.gov/coronavirus/2019-ncov/](https://cdc.gov/coronavirus/2019-ncov/)

Jackson County Health & Human Services: [jacksoncounty.org/COVID-19](https://jacksoncounty.org/COVID-19)

