

## COVID-19 Support Tree

Hope is truly a caring community. We know we can help each other to get through the current pandemic. Staying connected will support your physical and mental health needs.

Support suggestions for COVID-19 help if you must self-isolate:

1. **If you have family that can help, reach out to each other.**
2. **If you have no family, count on your friends. Again, check in on one another.**
3. **If you know of a neighbour who is a shut in, put a note in their mailbox and leave your phone number for them to call.**

Here are a few things to bear in mind when reaching out.

- If you don't already know the person, don't arrive at the door unannounced. This could cause inadvertent spread of the virus and spark undue stress and worry. Instead, leave a note of introduction with your contact information and let them know you're just a call away
  - Be prepared that someone may not need your help at this time. Just let the person know you're available when they're ready
  - If someone has asked you for help, do not enter their home. Call and let them know when you'll be dropping off groceries or other essentials at their door
  - While you're out and about, regularly wash your hands, sneeze or cough into your arm and maintain a two-metre (six foot) distance from others
  - If you have any symptoms of illness, stay home and self-isolate
4. **If you are a part of a church group, see if you can start a phone tree to check on each other.**
  5. **If you are a part of any type of organization such as the Lions or Legion, Golden Agers, the art community, again, start a phone tree to check on each other. You can also use Facebook groups, including the Hope Caremongering that are reaching out to support those in need at this time.**
  6. **Start a system in your neighbourhood. Suggestion: If you see a green piece of paper in a neighbour's window, it means they are OK. The people that are putting these papers in their window need to make them large and change the date each day. Write in large, dark felt pen so people can read it from a distance. If you are walking by and see that the date is not current, get help. If you live in an area where you are alone, please make sure you have someone you know come by to check your sign regularly.**
  7. **If all else fails and you still need help, contact [volunteer@readrightsociety.com](mailto:volunteer@readrightsociety.com).**

