

DO YOU KNOW SOMEONE WHO IS CURRENTLY SELF-ISOLATING?

Check-in on your friends and family!

Many of our neighbors may be experiencing loneliness and social isolation.

If you know someone who may be sick or self-quarantined, try checking in on them in a way that allows you to practice safe physical distancing.

Ways to safely support someone who may be sick:

1. Set up regular phone check-ins with them.
2. Write them a letter.
3. Leave a care package or small gift on their doorstep.
4. Help coordinate contact-free meal deliveries.
5. Help coordinate health needs (telehealth appointments, pharmacy runs, etc).



Please remember to treat people with kindness during these difficult times.

Physical isolation does not have to mean social isolation.

Maintaining safe social connections during COVID-19 allows us to sustain our mental health.

Stay healthy. Stay connected.