



Hey Crescent Heights! We're all in this together.

Hello Neighbour,

My name is _____ and I live on this block.
I can be reached at _____.

I am dropping off this letter today in case you are self-isolating and need help. I can help with the following:

If you're reading this and don't need help but do want to help your neighbours out please contact me so that if I need to self-isolate there will be someone else to help.



Think of others, consider your actions & be kind

People in every community will face the challenges of Covid-19 in some way – from needing basic provisions to help while they are unwell.



Connect and reach out to your neighbours

As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.



Make the most of local online groups

Keep up to date, share information and be a positive part of your local community conversations.



Support vulnerable or isolated people

Different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to food banks to help.



Share accurate information and advice

Support anyone who may be anxious about Covid-19. Sign post them to the correct advice from Alberta Health encourage people to follow the correct hygiene practices.