



Calgary



Hello neighbour!

Connecting to each other is more important than ever during the **COVID-19** pandemic.

Turn this card over for more information about a neighbour that is willing to extend a helping hand.



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Please **give me a call** if you want to talk or need support:

My name: _____

My address: _____

My phone number: _____

My email address: _____

If you:

- have a medical emergency, **call 9-1-1**
- are in distress, call the **Distress Centre (403) 266-1601**
- need to access resources, **call 2-1-1**
- have health questions, **call 8-1-1**

To find a printable version of this card, or for information about The City of Calgary's response to **COVID-19**, visit calgary.ca/covid19.

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