# How to support your NEIGHBOUR
## Neighbours helping Neighbours

Commit to three acts of kindness in support of your neighbours and community during the COVID-19 pandemic.

## Here are some suggestions on how to be a helpful neighbour

1. Fill out an 'I can help' postcard for your neighbours

2. Offer to pick up their groceries or supplies

3. Offer to walk their dog or pet

4. Shovel their driveway or sidewalk

5. Leave a note in their mailbox or on their door, saying 'hello'

6. Leave a sign on your lawn or apartment door letting them know how you can help (i.e. errands or deliveries)

7. Offer to share any extra supplies or items that are hard to find (i.e. hand sanitizer)

8. Wave when you see them on the street

9. Re-assure them that we are all in this together

10. Check-in with your neighbours; choose a time each night to pop out of your house and give a friendly wave

Find this tip sheet and other printable resources at **calgary.ca/covid19**.