



Right now, people across the country are trying to find ways to take care of each other. Neighbourhood Pods are a way people are connecting to make sure everyone's needs are met by grabbing food, medication, or anything else that might put those who are vulnerable to COVID-19 transmission at risk.

Neighbourhood Pods: Helping each other respond to COVID-19 with mutual aid

What is a Neighbourhood Pod?

A highly localized group of neighbours (5-30 people) offering supports to one another via Phone, WhatsApp, Facebook, Zoom etc.

A way to support or receive support from neighbours who live close by.

Shares ideas and fun ways for the community to stay connected.

What is a Neighbourhood Pod Point Person?

The Pod Point Person (PPP) is a resident interested in creating a Neighbourhood Pod to reach out to their neighbours, increasing a sense of community and reducing social isolation.

The role is flexible in order to respond to unique neighbourhood needs, opportunities, and circumstances (such as a natural disaster or pandemic).

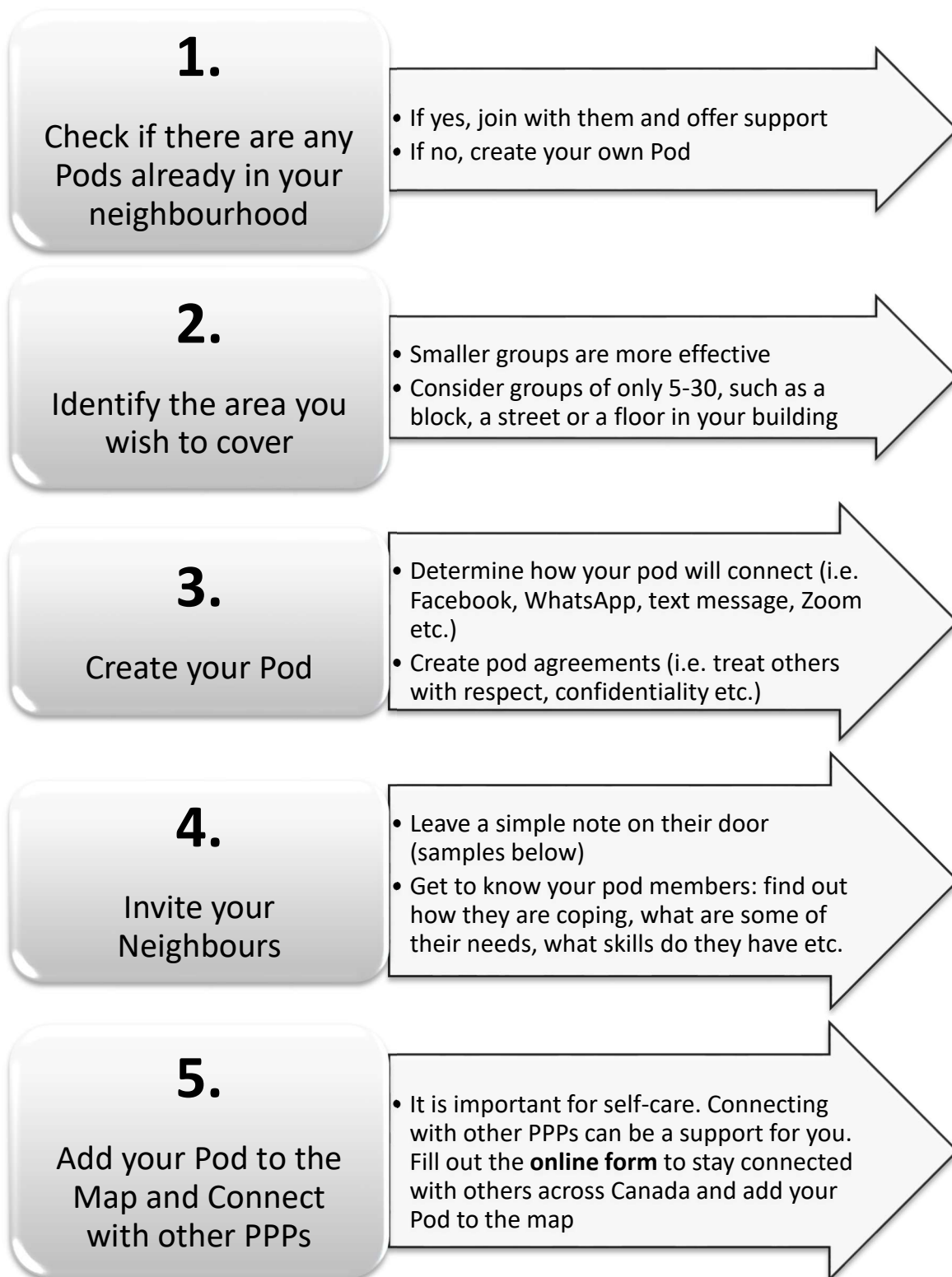
What does a Pod Point Person do?

Creates a Neighbourhood Pod by inviting neighbours to join. This can be done with a simple note on their door or high traffic areas.

Provides a way to share resources and updates. Helps to match people who can offer support to those that need it.

Offer opportunities to check-up on neighbours. Find out what works best for them -no in person meetings.

How to set up a Neighbourhood Pod



Sample Door Note



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 extended a helping hand.

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.

Hi there, neighbour! I am starting a Neighbourhood Pod.

A pod is a group of local residents who come together to ensure that nobody is left isolated or without support.

This is about local neighbours helping one another and we are not a professional body. We can only offer help within reason, and in ways we can also stay safe. If you need medical advice, please call Health Link at 811.

WANT TO JOIN OR LEARN MORE?

Please call or text me _____ (name)
at _____ (phone number).

Things to consider

SAFETY FIRST

Pod Point Persons (PPP) must practice physical distancing and follow all the advisories and guidelines provided by Alberta Health Services related to COVID-19

PPPs and those in their pods, are local community members who are not required to be health professionals, and therefore can refuse to do any task that may be deemed dangerous, out of their comfort level, or out of scope.

Accountability:

Information shared in groups or to individuals should be accurate and from reliable sources. PPPs are not to make promises they cannot fulfil.

If a PPP is delivering information about their pod in their community, consider some of the risks such as weather, icy streets, dogs, broken stairways or sidewalks, construction sites, working alone etc.

Data Protection:

PPPs should maintain respectful boundaries with neighbours and not disclose personal information to others without their permission. If using a spreadsheet to track some of the requests, make sure it is password protected.

CLEAN HANDS
CLEAR HEADS
OPEN HEARTS