If your neighbor needs help and is an older adult, a person with disabilities, or a family caregiver, suggest that your neighbor call (707) 565-INFO to tap into services such as regular wellness checks, transportation, food delivery and more.

**WANT TO HELP YOUR SONOMA NEIGHBORS DURING THIS COVID-19 OUTBREAK?**

1. If you are feeling sick, or anyone in your home is feeling sick, please stay home. Your neighbors will thank you for it.

2. If you’re feeling well and you are able to check on your neighbor, wear a mask, wash your hands, and practice social distancing during your visit.

3. This short visit should include adults only. Kids should stay home.

4. If your neighbor needs help and is an older adult, a person with disabilities, or a family caregiver, suggest that your neighbor call (707) 565-INFO to tap into services such as regular wellness checks, transportation, food delivery and more.

5. Stay friends with your neighbor! Tight-knit communities are more resilient during emergencies.

6. If you’d like to volunteer on an on-going basis, sign up online at: cvnl.org/covid19help

*Center for Volunteer & Nonprofit Leadership*  
*CHANGE STARTS HERE*