

# 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](https://cvnl.org/covid19help)



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