



NEIGHBOR CHECK-INS | COVID-19

Calling all Neighbors

YOU can safely help older adults and those with chronic health issues who are at higher risk from COVID-19.



NEIGHBOR TO NEIGHBOR – Remember, limiting in person contact is important, so call or text if you can. If you want to check on a neighbor and don't have their number, you can talk through the door. Drop off a treat, book or just a nice note.



REACH OUT TO OLDER ADULTS WHO LIVE ALONE – Call, text, video chat! This is a good time to bring back letter writing! If you're an older adult reach out to your friends and family.



ASK HOW YOU CAN HELP AND DON'T HESITATE TO ASK FOR HELP – We are all being asked to stay home. Older adults may have trouble getting groceries, medication, and other necessities. Ask how you can help and don't hesitate to ask for help yourself.



UTILIZE STATE AND LOCAL SERVICES – Encourage neighbors in need to call 480-644-CARE, a one-stop hotline to help Mesa residents access information and services. You can also utilize the 211 assistance line.



BE SAFE! – Most importantly, remember to follow the Centers for Disease Control and Prevention guidelines. Visit [cdc.gov/covid-19](https://www.cdc.gov/covid-19) or [mesaaz.gov/coronavirus](https://www.mesaaz.gov/coronavirus) for more information.