

Superneighb@r - lend a hand and reach out for help yourself!

You Superneighb@r are an absolute Superhero in these difficult times.

This is the perfect way to offer your help to your neighbours,
and to receive it! **HOW?**

OFFER HELP

I'm a neighbour living at flat...

I CAN HELP by...

- Coordinating support
- Go to the chemist/ Go shopping
- Take rubbish out
- Pet walking

Time I'm available

AM PM

from 11 to 13

M T W T F S S

The best way to contact me is... (complete all relevant options)

-Whatsapp / Mobile:

-Knock on my door:

REQUEST HELP

I'm a neighbour living at flat...

I NEED your help to...

- Go to the chemist/ Go shopping
- Take rubbish out
- Pet walking

Time I'm available

AM PM

from 11 to 13

M T W T F S S

The best way to contact me is... (complete all relevant options)

-Whatsapp / Mobile:

-Knock on my door:

I'm a neighbour of the...

I OFFER my help to...

- Coordinate the process supportive
- Go to the pharmacy/ do the shopping
- Throwing out the trash
- Walking pets

On the schedule of...

Morning Afternoon

S M T W T F S

You can contact me for... (fills in what you prefer)

-Whatsapp / phone:

-Knock on my door:

I'm a neighbour of the...

I NEED your help to...

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-The elderly: they are more at risk of infection; you can help by doing day to day tasks that force them to leave home, such as shopping.

-For all the neighbours: reduce the use of the common areas. For example:

- Do not go up in the lift at the same time (and wash your hands often after use).
- Minimise the use of parcel services
- Suspend the holding of homeowner association meetings. Use alternative methods.