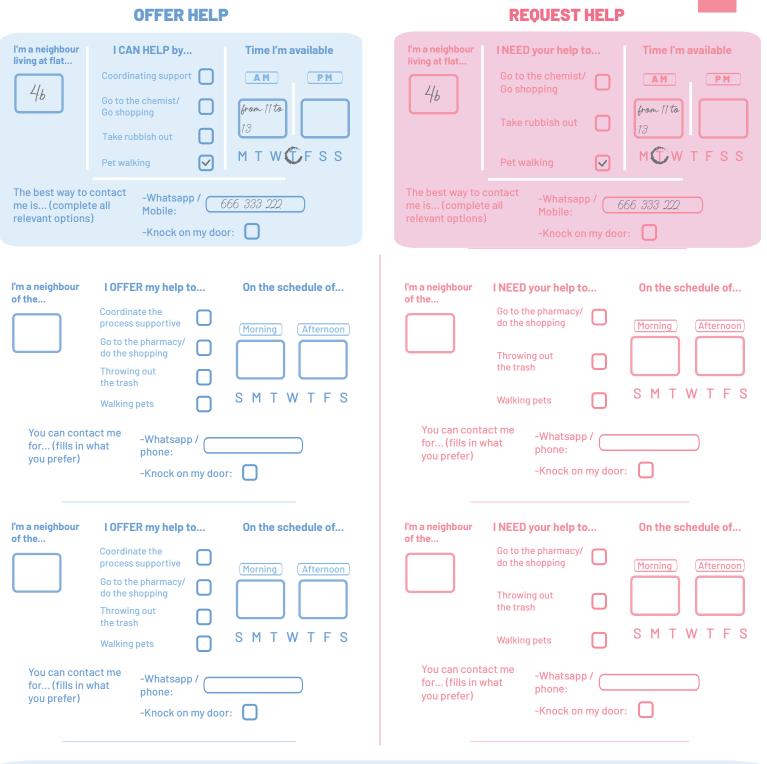
## Superneighb@r - lend a hand and reach out for help yourself!

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?**



- -**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.

