

# NEIGHBOR CHECK-INS COVID-19

## CALLING ALL NEIGHBORS



### 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, a book, or just a nice note!

### REACH OUT TO OLDER ADULTS WHO LIVE ALONE

Call, text, or 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

Older adults are being asked to stay home and may have trouble getting groceries, medication, and other necessities. Ask how you can help and don't hesitate to ask for help yourself.

### FIND LOCAL SERVICES

Kentucky 2-1-1 is your easy-to-remember access number for local assistance information and referral services provided by United Way.

### BE SAFE!

Most importantly, remember to follow the Kentucky Department of Public Health's guidelines. Visit [kycovid19.ky.gov](https://kycovid19.ky.gov) or call the COVID-19 hotline at (800) 722-5725 for official information.

VISIT [SERVE.KY.GOV](https://www.serve.ky.gov)

Kentuckians can safely help older adults and those with chronic health issues who are at higher risk from COVID-19. We can all safely do our part to make sure we stay healthy.

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