

Corona? Let's help each other!

Dear Neighbors

The coronavirus (COVID-19) and the respective measures ordered by the government are affecting people in Zurich more than we expected. **The government is recommending that elderly people and people with suppressed immune systems should avoid public places where people accumulate.** This means that a lot of people are staying at home for their own safety. And for example closing the schools also means a higher burden for parents.

Many of us don't belong to the group most at risk – and we are able to support people that need help. **We can run errands for you – like going shopping or getting your medication – or support you in other ways if necessary.** We can even just talk to you by phone to fight the loneliness!

You can find contact details at the bottom of this flyer. Together we'll get through this pandemic!

Your neighbors from Kreis 3

Do you need support? You can reach us via **078 961 6678**
or **wir.helfen.k3@gmail.com**

Do you want to help? With this link (or the QR-Code) you can join the telegram groupchat:
t.me/nachbarinnenschaftshilfek3



And keep in mind: wash your hands frequently and with soap, try to avoid public transportation, sneeze into your Kleenex or elbow, try to avoid gatherings. Info: **staythefuckhome.com**

Don't let it get to you!