

HELPISEXNDTDOOR.CA - Ideas for Safe Connection and Celebration



“When Covid hit, my family found ourselves cut off from many of our friends and neighbours, but we wanted to find ways to still get together. On my block, we decided to organize a driveway dinner party to meet some of our new neighbours and get to know each other a little better. We kept it simple. We asked people to bring their lawn chairs and bring their dinner and come gather in our driveway for a few hours on a Monday evening. The weather cooperated, and we ended up with eight or nine households participating. We were out there for over three hours and had a lot of smiles and great conversation.”

How to Gather Safely with People Outside your Safety Circle/Cohort

Covid-19 is a very infectious disease that spreads quickly. But with a little creativity and care, we can safely gather with people who are not part of our safety circle or cohort.

HERE ARE SIX SAFETY PRACTICES to remember that will help us connect safely:

1. Before you participate in any gathering, please screen yourself for symptoms. (See page three)
2. Wash your hands and wear fresh clothing (if possible).
3. Use separate equipment. (tables, tools, toys, sleds, bikes)
4. Keep your distance. (Stay two metres apart as much as possible)
5. Keep moving. The longer you breathe the same air, the stronger the chance of infection.
6. Please wear masks.

Are we allowed to do this right now?

Sometimes we will be asked not to meet with people outside our immediate household, even outdoors. If that is the case, please refrain from doing so. But when small outdoor or indoor gatherings are permitted, here are a few ideas for what you can do:

Please Note: Current provincial guidelines allow for outdoor gatherings of up to ten people. Indoor gatherings are not yet permitted. To monitor any updates, please visit: www.alberta.ca/enhanced-public-health-measures.aspx.

How can we safely connect with people outside our safety circle/cohort?

Using the five safety practices (above), here are some ideas:

1. Go for a walk together.
2. Kids can play together (sledding, skating, biking, online gaming, baseball, tennis)
3. If indoor gatherings are allowed, go to community spaces that have large well-ventilated areas that allow for social distancing.
4. Find ways to play games or share experiences online.
5. 'Bring your own food' gatherings in the park or the parking lot, or on your balconies if you live in an apartment. Get some help from friends and neighbours to spread the word!
6. If you do want to plan a gathering that includes sharing food, please look at the Safe Food Sharing Guide on www.helpisnextdoor.ca.



Do you have any fun or creative ideas you would add to this list? Please let us know. Tell us the story by writing it down and sending it to us at mike@interfaithhousing.ca. We'll plan to share it in our newsletter, *the Neighbourly!* You can sign up for *the Neighbourly!* by visiting www.helpisnextdoor.ca.

Before you interact with anyone in person, remember to screen yourself!

Please go through each question in the following questionnaire. If you can answer yes to any of these items, please isolate yourself and do not attempt to connect with anyone.

SCREENING QUESTIONNAIRE

1.	Do you or anyone in your household have any of the below symptoms?	Circle one	
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of breath / Difficulty breathing	YES	NO
	• Sore throat	YES	NO
	• Runny nose / Nasal congestion	YES	NO
	• Feeling unwell / fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Muscle aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (pink eye)	YES	NO
	• Loss of sense of smell or taste	YES	NO
2.	Have you or anyone in your household, travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you or your children attending the program had close <u>unprotected</u> * contact (face-to-face contact within 2 meters/6 feet) with someone who is ill with a cough and/or fever?	YES	NO
4.	Have you or anyone in your household been in close <u>unprotected</u> * contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO
5.	Current temperature	°C	

*"unprotected" means close contact without appropriate personal protection equipment (PPE).

If you have answered "Yes" to any of the above questions, please keep yourself isolated from contact with people outside your household.

To look at the most current guidelines from the Province of Alberta, please visit:

<https://www.alberta.ca/enhanced-public-health-measures.aspx>



Religious and Spiritual Communities working to address housing and homelessness challenges in Edmonton's Capital Region

Helpisnextdoor.ca is a program of Edmonton's Interfaith Housing Initiative

Our diverse faith communities share important common values: *“respect for human dignity, solidarity with those who are poor and vulnerable, and an affirmation of the importance of inclusive and welcoming communities where individuals and families can thrive.”* (Interfaith Statement, 2011)

www.interfaithhousing.ca

Interfaith Housing is grateful for the help of these partner organizations who assisted us in creating and translating these resources for **helpisnextdoor.ca**

