

HELPISEXNEXTDOOR.CA – The Safe Helping Guide



“When trouble hits, my local neighbours are able to help out faster than anyone else. They can watch my kids or my dog in less than five minutes. Nobody can beat that response time!”

Building strong local relationships allows us to help each other in all kinds of ways: Physical, mental, emotional, and even spiritual. There are ways we can safely help who are not part of our safety circle or cohort, as long as we are careful. Here are a few basic points to help us help each other safely:

How can I help?

Are you good at something? Or maybe you are not good at something but are willing to try and help anyway. Our advice? Go for it! Here are some ideas of what your neighbour might need help with:

1. Fixing things (fences, roofs, plumbing, vehicles)
2. Yard work, mowing lawns, shoveling sidewalks.
3. Getting groceries
4. Doing paperwork
5. Understanding new technology
6. Translation
7. Just needing someone to talk to
8. Gardening
9. Sharing food or even money.
10. Emergency childcare.

To Help Someone Safely...

Helping each other can still happen as long as we take some precautions:

1. Screen yourself before giving or receiving help. (Screening guide included below)
2. Wash your face and hands and wear fresh clothes (if possible).
3. Wear a mask.
4. Keep your distance. (Stay two metres apart as much as possible.)
5. Minimize any sharing of space or equipment.

Note: If someone is not in your cohort or safety circle, please do not enter their home unless it is an exceptional circumstance.



Helping Someone who is Grieving or Feeling Down

If someone is grieving a loss (such as a job or a loved one) or is feeling down from being alone, simple acts of care can be really helpful. Here are some basics: (adapted from advice on helpguide.org.) Link to the full article is here for more information: www.helpguide.com

Don't let fears about saying or doing the wrong thing stop you from reaching out.

- Let your grieving or lonely friend or neighbour know that you're there to listen if they need someone to talk to.
- Understand that everyone grieves differently and for different lengths of time.
- Refrain from giving advice on what a person should be doing or how they should be feeling.
- Offer to help in practical ways.
- Continue caring for someone until they have found some strength and healing.

Simple practices like these can help someone who is feeling down or grieving a loss:

1. Offer to go for a walk with the person. (either outside or in a large well-ventilated space)
2. Bring meals (using the Safe Food Sharing Guide)
3. Talk to them once a week, or more if they would like that. (In person or via phone, or in an online application like zoom or whatsapp)

Please explore our Safe connection resource for additional ideas on how you can safely share time and space with your neighbour.

If you or someone you are caring for needs access to professional services related to person care, here are the two main portals in Edmonton:

For Emergencies, please call

911

To access other resources, please call

211

Helpisnextdoor.ca will also be keeping a list of current resources that people can go to for help.

Before you meet 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

	<ul style="list-style-type: none"> • Headache 	YES	NO
	<ul style="list-style-type: none"> • Conjunctivitis (pink eye) 	YES	NO
	<ul style="list-style-type: none"> • 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 access the Province's official assessment tool, click on the following link:

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>



Religious and spiritual communities working to end homelessness in Edmonton and area

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**

