



Love Our Central Coast is bringing a team together to help our most vulnerable and high-risk members of our community, such as those living in poverty, the elderly and those with chronic illness or medical conditions, who have been negatively affected by COVID-19.

One of the best ways you can help is to be a Neighborhood Champion! The following are ways you can help those in your immediate community:

- Are there people in your neighborhood that are more at risk (older, unhealthy, ill)? Offer to pick up and deliver groceries and needed household supplies.
- If you can't fill the needs on your own, help them register at <https://www.loveourcentralcoast.org/check-in-with-your-neighbors> so we can get them the help they need.
- If you run into a need you don't know how to handle, call 211 to find the best resources in our community.
- Make sure you registered at <https://www.loveourcentralcoast.org/check-in-with-your-neighbors> to receive updates from our team on other ways you can have a positive impact.
- Invite your friends to join the effort in their neighborhood to help our most vulnerable.

Remember when canvassing your neighborhood to keep 6 feet of space between you and your neighbors. Ring doorbells and step away from the door. Thank you for stepping up to love our neighbors!

www.loveourcentralcoast.org/check-in-with-your-neighbors