

Dear Neighbours,

The Coronavirus (COVID-19) is affecting Switzerland more seriously than was initially thought. The measures and prognoses are changing daily, which is unsettling for us all. **It is for exactly this reason that we need to stick together and help each other through this crisis!** The health department has recommended that those people who are particularly susceptible* to the virus avoid contact with people as much as possible. This means that, in many cases, such people cannot leave the house.

I do not belong to this high-risk group, and can therefore pitch in where it is needed. So, if you are unwell or belong to this high-risk group, and there are things in the outside world that need doing (shopping, getting medication, or similar), **I would be glad to help you out.** You can simply call the number below, send an email, or leave a note in my letterbox.

Keep calm and carry on! We'll get through this thing together.

Cheers,

My phone number and/or email address:

My address:

* The high-risk group includes people who are aged 65 years or older, those with cardiovascular problems, those with high-blood pressure, those with diabetes, those with circulation concerns or chronic respiratory problems, cancer patients, and those with weakened immune systems.

This letter is available for download: www.solidarity-now.ch