

Handout:

Neighborhood solidarity

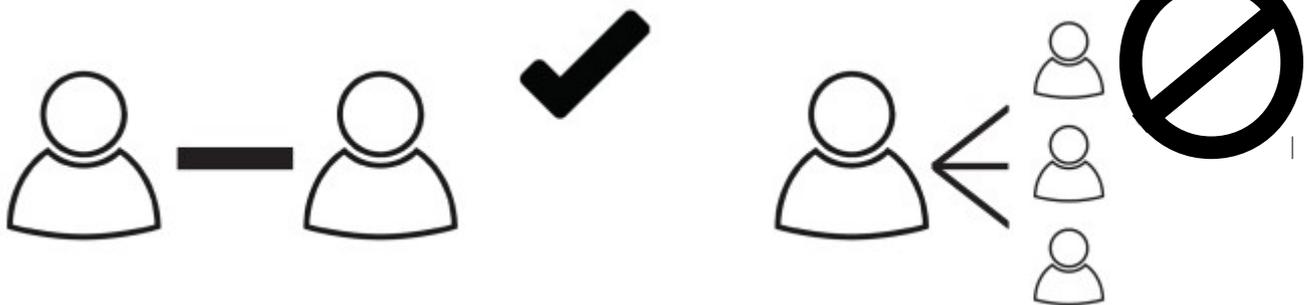
Many people are currently organizing nationwide solidarity neighborhood aid. Our goal: don't leave anyone alone in times of Corona. How can a neighborhood aid that is meaningful from an epidemiological point of view be organized? What needs to be considered?

1. Help locally, e.g. your neighbors.

In times of an epidemic, it is important to reduce contacts in order to prevent the virus from spreading further. Aid structures should therefore be organized as decentrally as possible, for example in the home community.



2. Help a few, but consistently. If you e.g. want to babysit, find *one* family and only help this family.



3. Avoid meeting other people than those you want to help.

Solidarity is important in times of crisis. This includes not only practical things, but also emotional ones. Talk to your fellow human beings, for example by telephone, or refer them to professional positions.

Crisis Line Berlin: 0800 111 0 111

Silbernetz Berlin (for Seniors): 0800 4 70 80 90

Crisis Line to help with domestic violence: 08000 116 016

Solidarity neighborhood groups: <https://bit.ly/2Qkdt6H>