

BARCELONA



NEIGHBOUR, CAN YOU HELP US?

LOOK AFTER PEOPLE IN YOUR COMMUNITY DURING THE COVID-19 CRISIS

1. PROTECT YOURSELF SO YOU CAN PROTECT OTHERS

Follow all hygiene recommendations and avoid physical contact.
And, if you have any symptoms or are at risk, stay at home.

2. THERE ARE MANY WAYS TO KEEP SOMEONE COMPANY

Get in touch and talk to elderly people and those who live alone so they don't feel lonely.
Phone them or talk to them at the door, staying two metres away from them.

3. LEND A HAND TO THOSE WHO CAN'T LEAVE THEIR HOMES

Use your own essential outings to run errands for people who can't leave their homes.

If you notice an emergency or a situation of serious vulnerability: radarsgentgran@bcn.cat
Emergencies: 112 / Medical enquiries: 061

More information: desdecasa.barcelona

FROM HOME