



# HI NEIGHBOR, HOW CAN I HELP?

In this time of uncertainty, I would like you to know you're not alone. If you can't go out, or you feel vulnerable in any way, or you are at the greatest risk of infection from COVID-19, please reach out. Let me know how I can care for you.

## I CAN HELP:

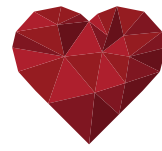
- Pick up groceries (Set up Instacart)
- Deliver a meal to your door
- Run errands
- Get urgent supplies
- Pick up medication
- Help with yard work or chores
- Walk your pets
- Send / pick up mail
- Help pay bills
- Check in with a phone call

## CALL OR TEXT ME

MY NAME IS \_\_\_\_\_

MY NUMBER IS \_\_\_\_\_

MY EMAIL IS \_\_\_\_\_



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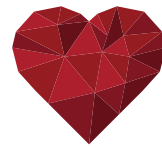
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