

**Hi Neighbor! If you are self-isolating,
elderly or at risk, I can help!**

My Name is _____

I live at _____

My Phone Number is _____

Do you need help with

- ☐ **Food Shopping** ☐ **Necessary Errands** ☐ **Care Package of Food (if you are in need)**
☐ **Pet Walking** ☐ **Wellness Check or Friendly Phone Call** ☐ **OTHER**

Please describe if OTHER _____

Just call, text or deliver this card to me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. Payment for groceries will be arranged with volunteer.

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