

HELLO FRIEND

SELF ISOLATING FROM COVID-19, I CAN HELP!

My name is:

I live near:

My number or email is:

LET ME HELP YOU WITH:

- ☐ Groceries/supplies
- ☐ Daily check-in
- ☐ Mail/package pick-up
- ☐

I pledge to take every necessary precaution to ensure your safety. I will stay at least six feet away from you and follow medical and health care advice. I will leave your items on your doorstep.
Remember, you are not alone. We are in this together. In union.