



## HELLO NEIGHBOUR

Are you self-isolating due to COVID-19?

Are you having trouble getting around?

You are not alone!

Our names: \_\_\_\_\_

We live at: \_\_\_\_\_

Our numbers to call or text (preferred):

Name 1: Phone number

Name 2: Phone number

### We can help:

- |   |  |
|---|--|
| <input type="checkbox"/> Picking up groceries | <input type="checkbox"/> Ride to appointment |
| <input type="checkbox"/> Daily check-in call  | <input type="checkbox"/> Other               |

*We will take every precaution to ensure your well-being. We will stay 2 meters away from you and leave items on your doorstep (letting you know they are there via a phone call).*

**ALTERNATIVELY:** If you have time and are able to help a neighbour please check the appropriate boxes above, provide your contact information below, and drop this note into our mailbox. We'll be in touch as needed.

Name 1 & 2: Our Address

**NAME:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_