



If you are
safer at home,
I can help.



My name is _____

I live locally at _____

My phone number is _____

If you are safer at home, I can help with:

☐

Picking up
groceries

☐

A friendly
phone call

☐

Dropping
off or
picking up
letters or
packages

☐

Taking out
and
picking up
trash cans

☐

Picking up
prescriptions
or
over the
counter
supplies

☐

Walking
the dog(s)

Other _____

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

If you need additional help, including mental health support, call the BCHD Assistance, Information & Referral line at 310-374-3426, ext. 256.

Coronavirus is contagious. I will be following all precautions to ensure I am spreading only kindness – including washing my hands frequently, maintaining a safe distance and using alcohol-based hand sanitizer. I'll leave items on your doorstep.

bchd.org/coronavirus



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