



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!)

For information on COVID-19 vaccines and testing, health-related referrals or assistance, please call our Assistance, Information & Referral line at 310-374-3426 and press option 1, Monday through Friday, 8:30 a.m. – 5 p.m.

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.



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