



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  
prescrip-  
tions 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.*

**bchd.org/coronavirus**



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