



# Hello neighbour

Are you self-isolating? I can help.

My name is:

I live locally at:

My contact information is:

If you are self-isolating due to **COVID-19**, I can help you with:

- arranging deliveries
- posting mail
- a friendly phone call
- picking up shopping and medication

I will take every precaution to keep you safe: I will stay 2 metres (6 feet) away, wash my hands regularly, and leave your items on your door step. I'd be happy to help during this difficult time.

To find a printable version of this card, or for information about The City of Calgary's response to COVID-19, visit [calgary.ca/covid19](http://calgary.ca/covid19).



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