

# *Hello Neighbor*

My Name is \_\_\_\_\_ . I live at \_\_\_\_\_ .

I'm offering to be helpful if you need anything during this pandemic.

I'd be happy to:

- ✓ Pick up medication
- ✓ Pick up/deliver food
- ✓ Assist with pet care
- ✓ Other: \_\_\_\_\_

For your health and mine we will probably need to both find a way to keep our distance, but I am here for you to figure out solutions. Here are some phone numbers you can call too:

- My phone is: \_\_\_\_\_

If you think you are sick, contact your medical service provider.

If you are having difficulty breathing or keeping fluids down, go to an emergency room or call 911. Otherwise, it is better to call your doctor before going in to seek care.

For more up to date information, please go to: <http://lacounty.gov/media/Coronavirus/publichealth>

## *And remember*

- **Keep clean – wash your hands regularly for 20 seconds**
- **Social distancing – stay 6 feet away from people and wave**
- **Avoid crowds – keep your risk low!**
- **Pet meds and food can be ordered online. Contact your veterinarian regarding pet prescriptions.**

