



**We are all humans.
We help each other in times of crisis.
Be a part of it.**

Dear Neighbors,

Are you a person with a higher risk of coronavirus?
Or someone in quarantine? Then we want to help you!

What can we do for you?

- Grocery shopping
- Errands
- Dog walking
- And much more...

How can you reach us?

- Post a note in your building
- Call your neighbors using the phone numbers below
- On the website: www.quarantaenehelden.org

Want to help your neighbors?

Name	I can help with...	Telephone