



**QUARANTÄNE  
HELD\*INNEN**

**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

### Want to help your neighbors?

Name

I can help with...

Telephone

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Find help or help others: online or via phone between 10am and 6pm

[www.quarantaenehelden.org](http://www.quarantaenehelden.org)

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**0800 8050850**

Outside of Germany: +49 89 143770224