



**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

---

---

---

---

---

You can find more information and safety guidelines on our website

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