

HELLO NEIGHBOUR!

MY NAME IS

I LIVE LOCALLY IN

(your neighbourhood)

MY PHONE NUMBER IS

If you need some assistance during COVID-19, I can help with:

- PICKING UP GROCERIES/ESSENTIALS
- COLLECTING/DROPPING OFF MAIL
- SHOVELLING SNOW/OUTSIDE CHORES
- A FRIENDLY PHONE CALL OR VIDEO CHAT



If you are
SELF-ISOLATING
or just need some
extra assistance
during these
uncertain times,

I CAN HELP!



**Just give me a phone call
and I'll do my best to help,**

FREE OF CHARGE!

The City of Red Deer does not endorse any services offered. COVID-19 is contagious. Take every precaution to ensure you're spreading only kindness! All items should be left on the doorstep. Follow provincial public health orders at all times including regulations for physical distancing. For more information visit www.alberta.ca/covid.