

Dear neighbor,

Over the next few weeks and months, we're all going to face this virus together. I'm leaving this note in case you need some help over this period.

If you are over the age of 65, or if you have heart disease, diabetes, or lung disease, the Centers for Disease Control suggests that you stay home as much as possible. If it would be helpful, I'd be happy to talk to you over the phone, order or pick up groceries or medical supplies, or pick up prescriptions for you. I will be careful to wash my hands and wear gloves, and I will drop off supplies or groceries for you outside your door.

Please email me or call me at any point if this would be useful. My email and phone number are below.

And if you are reading this and you are healthy and less vulnerable, please consider writing a similar note to 2 or 3 of your neighbors who might need help. Thanks in advance.

From:

Email:

Phone: