

Hello Neighbor,

My name is _____, I live at _____.

I am offering to be helpful if you need anything during this pandemic.
I'd be happy to:

- Pick up medication
- Pick up/deliver food
- Watch children
- Or _____

For your health and mine we will probably need to both find a way to keep our distance, but I am here for you to figure out solutions. Here are some phone numbers you can call too.

My phone is _____.

If you think you are sick call the Utah COVID-19 Hotline: 1-800-456-7707.

If you are having a medical emergency, please call 911.

For more up to date information and help please go to <https://www.slc.gov/mayor/covid-19/>

And Remember ...

- **Keep clean - wash your hands regularly for 20 seconds regularly!**
- **Social Distancing - stay 6 feet away from people and wave.**
- **Avoid crowds - keep your risk low!**

