
HI NEIGHBOUR



**HELLO! ARE YOU
SELF-ISOLATING OR AN
ESSENTIAL WORKER?
I CAN HELP.
(JUST TURN OVER THE CARD.)**

Powered by United Way



HELLO! IF YOU'RE SELF-ISOLATING OR AN ESSENTIAL WORKER I CAN HELP.

My name is Maria. I am a community builder with United Way and I work and live in your neighbourhood.

My phone number is 604-250-7426.

If you are self-isolating due to COVID-19 or an essential worker, I can help with:

Shopping

A friendly phone call

Posting mail

Urgent supplies

Just call or text me and I'll do my best to help you (for free).

Local love is more important than ever. United Way of the Lower Mainland is here for you. If you'd like to help, learn how at: uwlm.ca/covid19. These cards are inspired by the work of Becky Wass in Cornwall U.K.

Take every precaution to ensure you are staying safe. Avoid physical contact (2 metres distance). Wash your hands regularly. Items should be left on your doorstep.