

Hi! Self-isolating?

We can help!

Dear neighbor,

If you're self-isolating due to COVID-19, you may need some help getting things to your door. We have volunteers that can help! Just call, or text, and we'll do our best to assist you.*

My name is

My phone number is

My email is

I can help with:



Shopping



Sending Mail



A friendly phone call



Urgent Supplies

Just because you're self-isolating doesn't mean you're alone.



Ahmadiyya Muslim
Youth Association

www.muslimyouth.org

*If you need medical advice, please follow CDC guidelines at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

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