Hello! IF YOU ARE SELF-ISOLATING, I CAN HELP!

My name is:

I'm your neighbor at:

(Street and/or City)

You can reach me at:

(Phone number)

If you need assistance, I can help with:

- ☐ Picking up groceries
- ☐ Sending/picking up mail
- ☐ A friendly phone call
- ☐ Running other errands

*Just call or text me and I'll do my best to help you (for FREE!)

RANCHO CUCAMONGA

HEALTHY RC

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (6 ft. distance). Wash your hands regularly. Items should be left on your doorstep.

We are here to help!

Kindness and compassion can go a long way in making a difference in the daily lives of others, perhaps now more than ever!

Healthy RC's Compassionate Community is a part of a global network of communities committed to effectively preserving healthy, equitable, and resilient communities. We promote and support practical and actionable ways for everyone who live, work, or visit Rancho Cucamonga to participate in creating a culture of compassion.

Please refer to the following if you or someone you know is in need of resources during this difficult time.

City of Rancho Cucamonga Resources: www.cityofrc.us/coronavirus 909-477-2700	**San Bernardino County Resources:** http://wp.sbcounty.gov/dph/coronavirus/ 909-387-3911
Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/2019-ncov/index.html	**Additional Mental Health Resources:** https://www.nami.org/covid-19-guide

For resources on fitness, creative entertainment, education, and enrichment during these unprecedented times, visit the **City of Rancho Cucamonga's Virtual Recreation Center** at:
www.CityofRC.us

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