



Neighbors Helping Neighbors

Oakland is full of loving, compassionate and kind people. Oakland At Risk Match is a group of neighbors reaching out a helping hand to folks in our community who might be at extra risk from COVID-19. During this time of shelter-in-place, many elders, immunocompromised individuals, and those who are at extra risk from COVID-19 are going to need additional assistance with basic needs.

If you are over 60, immunocompromised in some way, or at additional risk from the new coronavirus, Oakland At Risk Match will pair you with a neighbor to help out over the next few weeks. If you are at lower risk, please sign up to volunteer.

We can help

- **Pick up groceries**
- **Pick up prescriptions**
- **Pick up and deliver a meal**
- **Check in every couple of days by phone**



All groceries, prescriptions, and meals should be dropped off outside of the house so as to maintain no contact.

Sign Up to Receive or Give Help Today!

If you need help or would like to volunteer, please call or visit

(510) 306-4973 | OaklandAtRisk.com

Email questions to OaklandAtRisk@gmail.com. We will match you a neighbor in your zip code area as soon as a match becomes available, often as soon as the same day.

With shelter-in-place regulations, we can provide this service and keep each other safe through no-contact outreach and delivery.

This matching program is being organized by private citizens for the benefit of those in our community. For any additional questions, please contact OaklandAtRisk@gmail.com