



## Roland Park Self-Quarantine Support Network

*Neighbors helping neighbors during a time of need.*

In response to the COVID-19 Pandemic, Roland Park residents are offering a Self-Quarantine Support Network (SQSN). The RP SQSN will be organized around Plat Coordinators to identify and support neighbors-in-need, whether they be self-quarantined or vulnerable to exposure and self-isolating.

***If you are in need of support***, please complete the Vulnerable Individuals in Roland Park & COVID-19 form [www.tiny.cc/RPneedhelp](http://www.tiny.cc/RPneedhelp), or reach out to Ann-Barron Carneal directly (202-997-4950 call or text). Here are the services we can help with: grocery pickup and delivery, prescription pickup and delivery, dog walking, social/emotional support by phone.

***If you are interested in volunteering***, please complete the COVID-19 Volunteer Sign Up at [www.tiny.cc/RPhelp](http://www.tiny.cc/RPhelp) or reach out to Ann-Barron Carneal directly (202-997-4950). You will be assigned a Plat Coordinator for ongoing coordination efforts. Please read over the Volunteer Guidelines [www.tiny.cc/RPSQSN](http://www.tiny.cc/RPSQSN)

***If you know of someone*** on your block / in the neighborhood who may be considered at risk, and who is not on the internet, please reach out to them in person to loop them into our services. You can even fill out the online form for them.



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