

# HELLO! If you are self-isolating, I can help.

My name is \_\_\_\_\_

I live locally at \_\_\_\_\_

My phone number is \_\_\_\_\_

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping       Sending mail

A friendly phone call       Urgent supplies

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

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

**#ViralKindness**

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