

Hello! If you are self-isolating, I’m happy to help

For

My Name is …………………………………………………………………………………………………………………………………………………………….

I live locally at ……………………………………………………………………………………………………………………….…………………………………..

My phone number is …………………………………………………………………

If you are self-isolating because of Coronavirus, I can help with:

Picking Up Shopping Posting Mail Picking Up Prescriptions

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 spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

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