

Hello! If you are self-isolating,
I can help!

My name is

I live at

My phone number is

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

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

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

COVID-19 is contagious. Please take every precaution to ensure you are only spreading kindness. Avoid physical contact (2 m distance). Wash your hands regularly. Items should be left on doorsteps.

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