

If you are self-isolating, I can help.

May name is: _____

My phone number is: _____

I live locally at: _____

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

- Picking up groceries Checking 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; so I will take every precaution to ensure I'm spreading only kindness. I will seek to avoid physical contact (6ft distance), wash hands regularly, and leave any items on your doorstep.

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