

IF YOU ARE SELF-ISOLATING, I CAN HELP.

MY NAME IS _____

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'LL DO MY BEST TO HELP YOU (FOR FREE!)

COVID-19 is contagious. I will be taking care to only spread kindness by not coming too close (2m distance), washing my hands frequently and dropping items on the doorstep.

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