

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