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| A picture containing drawing  Description automatically generated | **IF YOU ARE SELF-ISOLATING**  **(BY CHOICE OR BY LAW)**  **WE’D LOVE TO HELP!** |

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| --- | --- |
| Our Names are | : |
| My Phone Number | : |
| My Email | : |
| I Live At | : |

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

q Picking up shopping. q A friendly phone call. q Posting mail.

q Urgent needs. q Picking up medication. q Any other important need.

Just call, text or email me and I’ll do my best to help you (for free!).

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