



**IF YOU ARE SELF-ISOLATING  
(BY CHOICE OR BY LAW)  
WE'D LOVE TO HELP!**

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:

- Picking up shopping.  A friendly phone call.  Posting mail.
- Urgent needs.  Picking up medication.  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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