

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:

Just call or text
me and I'll do my
best to help you
(for free)!

- ☐ Urgent supplies
☐ A friendly phone call
☐ Praying with you

- ☐ Picking up shopping
☐ Posting mail

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