

# 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.**

**#ViralKindness**