

Hi! If you are self isolating, I can help!

My name is: _____ My contact # is: _____


I live locally at : _____

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

Picking up groceries 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 kindness. Avoid physical contact (6 ft distance). Wash your hands regularly. Keep your immune system strong.

#ViralKindness 

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