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:
....

☐ Pick up shopping items   ☐ Picking up/sending out mail

☐ A friendly phone call   ☐ Urgent supplies

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

Do your part and do the FIVE:

1 - HANDS - Wash them often
2 - ELBOW - Cough into it
3 - FACE - Don't touch it
4 - SPACE - Keep safe distance
5 - HOME - Stay if you can