## **HELLO!** self-isolating? let me help.

## My name is: My address is: My number is: If you are self-isolating due to Coronavirus, I can help. Picking up shopping A friendly chat Picking up prescriptions Urgent supplies Call or text me and I'll do my best to help you. #staystrong

COVID19 or Coronavirus is contagious. Please take every precation to ensure you are only spreading kindness. Avoid physical contact (2-3m distance). Wash your hands regularly. If you think you are in trouble, please get in touch.

## **HELLO!** self-isolating? let me help.

My name is:				I'm on Facebool
My address is:				
My number is:				I'm on Whatsap
If you are self	-isolating o	due to Coronaviru	ıs, I can he	
<ul><li>Picking up sh</li><li>Picking up pr</li></ul>	11 0	<ul><li>A friendly chat</li><li>Urgent supplies</li></ul>	•	
Call or text m	ne and I'll d	o my best to help	you. #sta	ystrong

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My address is:					
My number is:	I'm on				
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• Urgent supplies

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• Picking up prescriptions

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