

## Hello! If you are self-isolating, I can help!

My name is .....

I Live locally at .....

My phone number is .....

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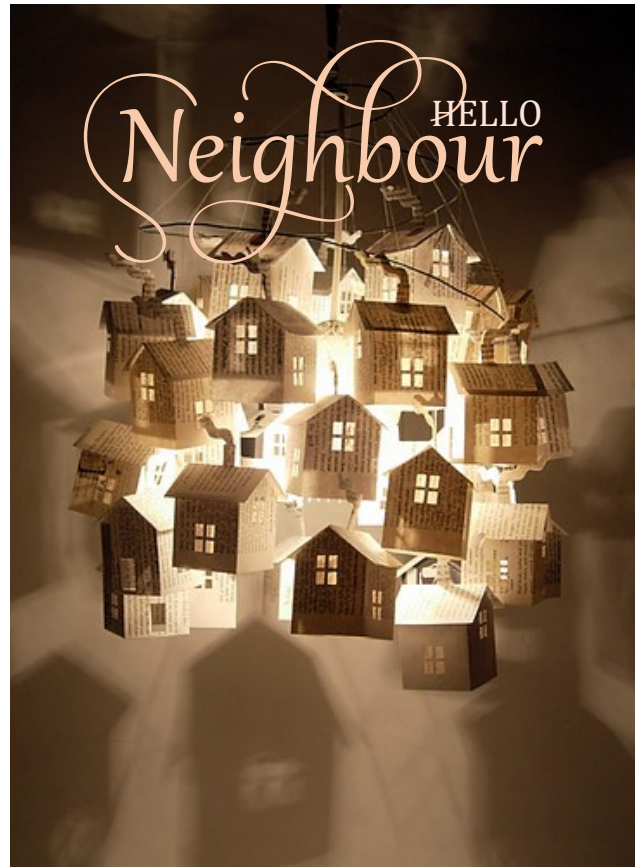
### If you are self-isolating due to COVID 19, I can help with:

- ◇ Running errands
- ◇ A friendly phone call
- ◇ Urgent Supplies
- ◇ Prayer
- ◇ Other.....

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

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**Coronavirus is contagious.** Please ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash hands regularly. Items should be left on your doorstep. #viralkindness



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