

# Hello

 if you are self-isolating, I can help.

My name is \_\_\_\_\_ My phone number is \_\_\_\_\_

I live at \_\_\_\_\_

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

Picking up shopping

Mail

Prayer

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; therefore, I will take every precaution to ensure I'm spreading only kindness. I will practice proper social distancing, wash hands regularly and leave any items on your doorstep.

**I chose to serve others and be a help where I can no strings attached!**