

# HELLO!

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

**My name is**

.....

**My address is**

.....

**My phone number is**

.....

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

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies (prescription etc.)

Just call or text me and I will do my best to help (for FREE!)

**Coronavirus is contagious. Please take every precaution to ensure you avoid any physical contact and stick to 2m distance. Wash your hands regularly and items will be left on your doorstep unless impossible to do so**