

# Hello!

**If you are self-isolating, I can help.**

**My name is:**

**My phone number is:**

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

- ✓ Picking up shopping
- ✓ Posting mail
- ✓ Urgent supplies
- ✓ A friendly phone call
- ✓ Prayer

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

Coronavirus is contagious, so I will take every precaution to ensure I'm spreading only kindness. I will seek to avoid physical contact (6 feet away), wash hands regularly, and leave any items on your doorstep.

**"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." - Jesus Christ**

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