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

My Name is:	My Name is:
Live Locally at:	Live Locally at:
My Phone Number is:	My Phone Number is:
If you are self-isolating due to COVID-19, I can help with:	If you are self-isolating due to COVID-19, I can help
Picking up shopping Posting mail	Picking up shopping Posting mail
A friendly phone call Urgent supplies	A friendly phone call Urgent supplies
Just call or text me and I'll do my best to help you (for free)	Just call or text me and I'll do my best to help you (for free)
Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.  #spreadingonlykindness	Coronavirus is contagious. Please take every precaution to ensure you an spreading only kindness. Avoid physical contact (2m distance). Wash you hands regularly. Items should be left on your doorstep.  #spreadingon
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A friendly phone call	Picking up shopping	If you are self-isolating due to COVID-19, I can help with:	My Phone Number is:	l Live Locally at:	My Name is:	Hello! If you are self-isolating, I can help.	Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. #spreadingonly	Just call or text me and I'll do my best to help you (for free)	A friendly phone call	Picking up shopping	If you are self-isolating due to COVID-19, I can help with:	My Phone Number is:	l Live Locally at:	My Name is:
Urgent supplies	Posting mail	ID-19, I can help with:				lating, I can help.	aution to ensure you are 2m distance). Wash your step. #spreadingonlykindnes	help you (for free)	Urgent supplies	Posting mail	ID-19, I can help with:			