

# Hello

If you are self-isolating, I can help.

My name is

My phone number is

.....

I live locally at

.....

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

Picking up from the store

Mail to the Post office

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 seek to avoid physical contact (6 ft distance), 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**

# Hello

If you are self-isolating, I can help.

My name is

My phone number is

.....

I live locally at

.....

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

Picking up from the store

Mail to the Post office

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 seek to avoid physical contact (6 ft distance), 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**