

# Hello! Let me know if 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 groceries, a friendly phone call,  
urgent supplies, prayer**

Just call or text me, I'll do my best to help you (Free!)

Coronavirus is contagious; I will take every precaution to ensure I'm only spreading kindness. I will avoid any physical contact, wash my hands regularly and leave any items on your doorstep.