

CORONAVIRUS IS CONTAGIOUS; THEREFORE I WILL TAKE EVERY PRECAUTION TO ENSURE I'M SPREADING ONLY
KINDNESS. I WILL SEEK TO AVOID PHYSICAL CONTACT (2M DISTANCE), WASH HANDS REGULARLY, AND LEAVE ANY
ITEMS ON YOUR DOORSTEP.

IF YOU ARE SELF-ISOLATING DUE TO COVID-19 I CAN HELP WITH:

☐ PICKING UP SHOPPING ☐ URGENT SUPPLIES ☐ PRAYER

☐ A FRIENDLY PHONE CALL ☐ RUNNING ERRANDS

I LIVE LOCALLY AT

MY NAME IS MY PHONE NUMBER IS

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