

**Hello!** I'm your neighbor, and I can help.

My name is \_\_\_\_\_

I live locally at \_\_\_\_\_

My phone number is \_\_\_\_\_

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

- picking up groceries or urgent supplies
- a friendly phone call
- or \_\_\_\_\_

**Call or text 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 (6' distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness

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