

# HI, NEIGHBOR!

If you're self-quarantining, I can help.

My name is .....

I live locally at .....

My phone number is .....

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

- Store pick-ups
- Posting mail
- A friendly phone call
- Urgent supplies

Just call or text me and I will do my best to help you (for free)!

Coronavirus is very contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (six-foot distance). Wash your hands regularly for at least 20 seconds. Items should be left on the doorstep.

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