

Hello!

If you are currently under quarantine, I can help.

My name is: _____

I live locally at: _____

My phone number is: _____

If you are under COVID-19 quarantine, I can help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up groceries | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Please call or text me, and I'll do my best to help (for free).



Remember, COVID-19 is contagious.
Avoid physical contact (2m distance).
Wash your hands regularly.
Items should be left on the door step.



CHESTERMERE