



Wash your hands before filling out the cards and after leaving them in your neighbours mailbox.



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Hello, If you are self-isolating, I can help.

My name is: _____

I live nearby at: _____

You can reach me at: _____

I can help with:

- Picking up shopping
- Posting mail
- A friendly phone call
- Urgent Supplies



Stay safe. Leave items on doorsteps, avoid physical contact, and stay 2m away from others.

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