	HELLO! I AM YOUR LOCAL NEIGHBOR IF YOU ARE SELF-ISOLATING, I CAN HELP.
hbors. is time.	My name is: I live locally at:
out their co their neig love at th	My phone number /email address is:
Those who can offer help, fill out their contact details and leave the cards with their neighbors. Thank you for spreading a little love at this time.	If you are self-isolating due to COVID-19 I can help with: Picking up shopping Posting mail A friendly phone call Urgent supplies Just call, text or email and I'll do my best to help you (for free!)
Those wh details an Thank yo	Note to those handing out cards: Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (3-6 feet), and wash your hands regularly. Items should be left on the doorstep.

HELLO! I AM YOUR LOCAL NEIGHBOR.

IF YOU ARE SELF-ISOLATING, I CAN HELP.

Those who can offer help, fill out their contact

Those who can offer help, fill out their contact details and leave the cards with their neighbors. Thank you for spreading a little love at this time.	My name is:
	I live locally at:
ut their their ne love at	My phone number /email address is:
p, fill o ls with ; a little	If you are self-isolating due to COVID-19 I can help with:
r hel carc ding	Picking up shopping Posting mail
offe the prea	A friendly phone call Urgent supplies
ho can nd leave ou for s	Just call, text or email and I'll do my best to help you (for free!)
Those who can offer help, details and leave the cards Thank you for spreading a	Note to those handing out cards: Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (3-6 feet), and wash your hands regularly. Items should be left on the doorstep.

3	HELLO! I AM YOUR LOCAL NEIGHBOR. If you are self-isolating, I can help.
rs. me.	My name is:
who can oncer nep, in out their contact and leave the cards with their neighbors. you for spreading a little love at this time.	I live locally at:
who can other nepty, in our men contact and leave the cards with their neighbors you for spreading a little love at this tim	My phone number /email address is:
o, nu o s with a little	If you are self-isolating due to COVID-19 I can help with:
card card ading	Picking up shopping Posting mail
re the sprea	A friendly phone call Urgent supplies
no can nd leav ou for	Just call, text or email and I'll do my best to help you (for free!)
details ar Thank y	Note to those handing out cards: Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (3-6 feet), and wash your hands regularly. Items should be left on the doorstep.

	HELLO! I AM YOUR LOCAL NEIGHBOR. If you are self-isolating, I can help.
je je	My name is:
Thank you for spreading a little love at this time.	I live locally at:
love at	My phone number /email address is:
a little	If you are self-isolating due to COVID-19 I can help with:
ding a	Picking up shopping Posting mail
sprea	A friendly phone call Urgent supplies
ou for	Just call, text or email and I'll do my best to help you (for free!)
Thank y	Note to those handing out cards: Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (3-6 feet), and wash your hands regularly. Items should be left on the doorstep.