

Hello

If you are self-isolating, I can help.

My name is _____

My phone number / email is _____

I live locally at _____

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

- Picking up shopping A friendly phone call Posting mail
 Urgent supplies Prayer Other:

Just call, text, or email me, and I'll do my best to help you (for free!)

Coronavirus is contagious; therefore I will take every precaution to ensure I'm spreading only kindness. I will seek to avoid physical contact (6 ft. distance), wash hands regularly, and leave any items on your doorstep.



Rockford Reformed Church • RockfordRC.org

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