

# HELLO!

**If you live in the Olhão or Tavira area and you are self-isolating, we can help.**

**My name is**

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**I live locally at**

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**My phone number is**

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

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies



**Just call us and we'll do our best to help (for free!)**

**Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2 m distance). Wash your hands regularly. Items should be left on your doorstep.**