

# Flu Buddies

Supporting  
Our Community

Hello. If you are self-isolating due to **COVID-19**. I can help!

My name is

I live locally at

My phone number is

**I can help you with:**

- Picking up shopping
- Picking up a prescription
- Urgent supplies
- A friendly phone call



**Just call or text me, and I will do my best to help FOR FREE**

**Flu Buddy, thank you for helping, you are amazing!** Please remember Coronavirus is very contagious. Ensure you take every precaution not to spread it. Avoid any physical contact with the person who is self-isolating (2m distance). Wash your hands regularly. Any items you deliver should be left on the doorstep.

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