

## Hello! If you are self-isolating I can help!

My name is

.....

I live locally at

.....

My contact number/whatsapp is

.....




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

- |  |  |
|--|--|
| <input type="checkbox"/> picking up shopping | <input type="checkbox"/> a friendly phone call |
| <input type="checkbox"/> urgent supplies     | <input type="checkbox"/> posting mail          |

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

Coronavirus is contagious, please take every step to avoid physical contact with others if you have symptoms for 7 days. Wash hands and surfaces regularly. Items should be left on your doorstep.

### ESSEX CORONAVIRUS ACTION

 facebook.com/essexcoronavirushelp  
 twitter.com/essexaction  
 twitter.com/essexaction

To contact Essex Adult Social Care  
✓ 0345 603 7630 (08:45-16:30)  
✓ socialcaredirect@essex.gov.uk

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