

Hello

if you are
self-isolating
I can help...



My name is:



I live locally at:



My tel number is:



My email is:

If you are self-isolating due to COVID 19

I can help with the following:

- | | |
|--|--|
| <input type="checkbox"/> Urgent supplies | <input type="checkbox"/> Pick up shopping |
| <input type="checkbox"/> Posting mail | <input type="checkbox"/> A friendly phone call |

Get in touch and I'll do my best to help.



Sign up for regular Coronavirus Updates from
Perth & Kinross Council here:

www.pkc.gov.uk/coronavirus

For any health concerns check: **[nhsinform.scot](https://nhs.uk)**