

WAYS TO HELP YOUR COMMUNITY DURING COVID-19

1

DONATE FOOD & SUPPLIES

Donate non-perishable food items to your local food shelter to help children that rely on school breakfast and/or lunch and families impacted by business closures. Donate supplies or make financial contributions to social service agencies that offer residential care like homeless shelters, and shelters for victims of domestic violence, children's homes, etc.



2

OFFER HELP TO ELDERLY

Check on elderly neighbors and offer to grocery shop for them, or pick up their medications from the pharmacy.



3

OPT FOR FOOD TO GO

Order take-out to support your local restaurants and reduce the spread of germs.



4

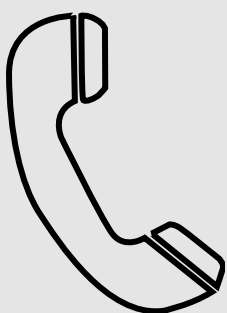
BUY GIFT CARDS

Buy gift cards from local businesses that rely on our purchases to support their families and their employees.

5

EXPRESS APPRECIATION

Express appreciation to those still working during this pandemic to care for, and provide for the rest of us. Pay it forward with kind words, a cup of coffee, a meal, or tips when appropriate.



6

REACH OUT TO FAMILY

Reach out to family, friends, and neighbors who may live alone. Social distancing and/or sheltering in place is way more difficult when you are alone. Call them, text them, Facetime them.



7

SEND CARDS

Send "thinking of you" cards to residents of nursing homes or have children home from school color pictures for nursing home residents who are not allowed visitors.

8

DONATE BLOOD

If you are healthy and asymptomatic, consider donating blood.



9

OFFER TO TEACH

If you have knowledge of a particular subject area or are a current or former teacher, offer to help parents in your community with their student's schoolwork.