How to support your community during the Coronavirus



HAVE FUN AND SPREAD CHEER!





The Signs of the Covonavivus The streets are empty of people but full of signs.

Create fun, funny or encouraging signs that you can hang up in your home or business windows, put in your car window or on a yard sign.

You Can Still Celebrate Celebrate a birthday, graduation and more with a

wave parade, virtual party, or leave a gift on the front porch.





Chalk Your Walk Join the #ChalkYourWalk movement and spread

hope with chalk messages or drawings on your driveway or sidewalk.



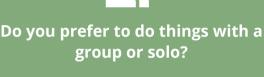
WHAT IS YOUR HELPING STYLE?







work.

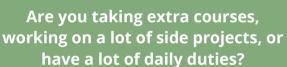


I enjoy spending

time with people.

I enjoy doing things

by myself.





have a special skill you can teach to someone else?

My schedule is

booked this time of

year.

give as gifts.

I like

making

things to

caring for pets, etc.

I do well

at sports,

science,



DONATE

help! There are many organizations that can use donations such as face masks, food or

clothing.

is busy, but

you can still



is in your

ability to

be there for

others! There are many organizations that need in-person or remote volunteers.



If you can

build it, sew

it, design it, or draw it, you have the ability to create something awesome and share it with others!



a skill, share

it! It's very

likely that there is an organization that would be more than happy to welcome your talents on a volunteer basis.



Help 'Flatten the Curve' Follow the CDC's recommended guidance:

HOW TO HELP YOUR COMMUNITY





> Wash your hands with soap and water for at least 20 seconds.

Reach out to family and friends

Show Your Appreciation

1-877-226-HERO (1-877-226-4376).

> Practice safe social distancing.

> Write a letter.



public space to show you care.

> Call, video chat or send a text to check in.

Start a group chat with your family, friends, or both.

providers.

> Just say "THANK YOU."

> Keep up-to-date with others through social media.

> Show support by helping with errands, checking in or providing a meal to essential workers and the elderly.

> Place signs outside your house, on a car window, or in a

> Send a tip, over-tip or pre-book and pay your service

> Offer to teach – If you are good at something, share your

Donate or Volunteer

knowledge. > Give blood.

skills to.

- > Donate medical supplies, hand-made face masks or other needed
- > Become a medical volunteer. > Donate food and supplies. > Be a listening ear - Volunteer to be a crisis counselor.
- adopting a pet. > Find your favorite nonprofit to donate your time, knowledge, or

> Help pets and shelters by volunteering, donating, fostering or



- > Order takeout, curbside pickup or delivery. > Order from your local farmer.
- > Shop local online or purchase a gift card for use later. > Sign up for a virtual class or appointment. > Buy a recipe from a local chef or bartender.



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