

We are in this together



How to support your community during the coronavirus



HAVE FUN AND SPREAD CHEER!



The Signs of the Coronavirus

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?



Do you have a lot of commitments after work?

NO

I have spare time after work.

YES

My time is filled with commitments after work.



Do you prefer to do things with a group or solo?

I enjoy spending time with people.

I enjoy doing things by myself.



Are you taking extra courses, working on a lot of side projects, or have a lot of daily duties?



Do you like making handmade gifts or do you have a special skill you can teach to someone else?

My schedule is booked this time of year.

I like making things to give as gifts.

I do well at sports, science, caring for pets, etc.

DONATE



Help with a Donation

Your schedule is busy, but you can still help! There are many organizations that can use donations such as face masks, food or clothing.



Help by Giving Your Time

Your strength is in your ability to be there for others! There are many organizations that need in-person or remote volunteers.



Help by Giving Something You Made

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!



Help by Giving Your Skills

If you have 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.



HOW TO HELP YOUR COMMUNITY



Help 'Flatten the Curve'

Follow the CDC's recommended guidance:

- > Wash your hands with soap and water for at least 20 seconds.
- > Practice safe social distancing.

Stay Connected

Reach out to family and friends

- > Call, video chat or send a text to check in.
- > Start a group chat with your family, friends, or both.
- > Keep up-to-date with others through social media.
- > Write a letter.



Show Your Appreciation

- > Leave a message of support for our medical heroes by calling 1-877-226-HERO (1-877-226-4376).
- > Send a tip, over-tip or pre-book and pay your service providers.
- > Just say "THANK YOU."
- > Place signs outside your house, on a car window, or in a public space to show you care.
- > Show support by helping with errands, checking in or providing a meal to essential workers and the elderly.

Donate or Volunteer

- > Offer to teach - If you are good at something, share your knowledge.
- > Give blood.
- > Donate medical supplies, hand-made face masks or other needed items.
- > Become a medical volunteer.
- > Donate food and supplies.
- > Be a listening ear - Volunteer to be a crisis counselor.
- > Help pets and shelters by volunteering, donating, fostering or adopting a pet.
- > Find your favorite nonprofit to donate your time, knowledge, or skills to.



Support Your Local Business

- > 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.