

# CORONAVIRUS DISEASE (COVID-19) HOW TO GIVE BACK

The coronavirus pandemic has now reached every U.S. state. In addition to posing public health challenges, the outbreak has prompted mass closures of schools and businesses and is straining resources. **Here are ways to help in your community.**

## NON-PROFITS



**The American Red Cross** faces a severe blood shortage. Healthy individuals are needed to donate now to maintain a sufficient supply. Call 1-800-RED-CROSS to find a local donation site.

**Feeding America** is nationwide network of 200 food banks and 60,000 food pantries. Donations help food banks across the country support the most vulnerable communities.

**First Book** helps deliver 7 million books to children in need who don't have Internet access or home libraries to keep learning.

**Team Rubicon** mobilizes military veterans to help people respond to and recover from disasters. The organization is helping local, state and federal partners deliver food, water and shelter, run testing sites, staff call centers, and transport cruise ship passengers who have completed their mandatory quarantine at home.

## RESTAURANTS



If you want to support your local restaurants, consider ordering takeout or purchasing a gift card or merchandise. You can look for workers relief funds that may have been set up in your area.

## SENIORS WHO ARE AT RISK



Seniors are among the most vulnerable to COVID-19 complications. If you know someone who is elderly and at home, consider checking in and asking if you can shop and deliver groceries on their behalf.

## PETS AND SHELTERS



The Humane Society of the United States suggests helping by adopting or fostering a pet, which will reduce the strain on shelters. The Best Friends Animal Society has a site where you can search for partner organizations near you. Also, check in with people in your community, especially seniors or those with underlying health issues, and offer to walk their dogs or help with pet food.

## AT STORES



Do not buy an N-95 respirator or surgical mask unless you absolutely need it. Widespread panic-buying can deplete the supply of protective equipment needed for health-care workers.