



10 WAYS +3 TO HELP

during covid-19 and beyond

GIVE BLOOD

1) If you are 17 or older (and your parents give you permission), you can donate blood. There is a high need for blood right now. Go to the main Red Cross website to find a blood donation site in your area <https://www.redcrossblood.org/>

GIVE FOOD

2) More people are accessing food banks right now and there are shortages. Monetary donations are the safest way to help. Go to the Montana Food Bank Network to donate or to find your local food bank <https://mfbn.org/>

3) Help deliver meals to people who can't go out of their homes. Contact your local *Meals on Wheels* chapter to find out how to volunteer. Practice safe handling and distancing.

4) Consider grocery shopping or doing other errands for your neighbors who can't leave their homes or who are fearful of leaving. Practice safe handling and distancing.

5) Buy restaurant gift cards and donate to people in need <https://www.giftly.com/>

GIVE MASKS

6) There are shortages of protective masks for health care workers and others. You can make and donate them. Find out how below:

Follow the instructions here <https://freesewing.org/docs/patterns/fu/instructions/> or listen to a YouTube video from Joann's Fabrics <https://youtu.be/VgHrnS6n4iA>.

Then go to the deaconess website to find out how and where to donate your masks <https://deaconess.com/How-to-make-a-Face-Mask/Mask-Donations>

GIVE TO YOUR PETS

7) There are staffing shortages in pet shelters, but the pets still need attention. Consider volunteering at your local shelter. Pets are not contagious, but they may be scared, especially if their owners can't take care of them.

GIVE LOVE

8) Nursing home residents cannot accept visitors which can be lonely and scary. Some nursing homes have started virtual pen pal exchanges. Contact your local nursing home and ask about starting one. Here is an example of one in Pittsburgh

<https://www.pittsburghmagazine.com/a-pittsburgh-nursing-home-is-seeking-pen-pals-for-residents/>

GIVE VISION

9) Be My Eyes is an app that connects people who see with those with low or no vision. You can help people with vision problems navigate their worlds <https://www.bemyeyes.com/>

GIVE VIRTUALLY

10) Go to the sites below to find out more information about how to *volunteer virtually* for specific activities.

catchafire <https://www.catchafire.org/>

Points of Light <https://www.pointsoflight.org/>

Volunteer Match <https://www.volunteermatch.org/search/opp817978.jsp>

+3 MORE WAYS TO GIVE

GIVE FOOD

+1) This is a site that gives information on how to build a community “pantry” outside of your house. It’s kind of like a little free library but it has food in it <https://www.littlefreepantry.org>

GIVE EDUCATION

+2) This is a site where people can volunteer to tutor others. Especially during this time of educational uncertainty and added stress on parents, volunteering to help students who need extra help may be right up your alley <https://upchieve.org/volunteer/>

GIVE KINDNESS

+3) This is a site with information and images about making kindness rocks. It is a fun activity, especially for younger children.

<https://www.thekindnessrocksproject.com/home>