

HOW CAN I HELP?

VIRTUAL HELP

- **Share your talents!** If you are a tutor, artist, musician, or anyone with some special knowledge that others might benefit from, let people know what they can reach out to you about. Zoom has great free tutorials!
- **Give what you can.** If you are in a financially stable situation, donate money to those who are struggling with the loss of wages. You can donate to vetted Coronavirus charities on lists like secure.actblue.com/donate/coronavirus-relief# or help individuals through GoFundMe campaigns.
- **Food donations help.** Contribute to your local food bank or distribution service. If you can, consider donating money rather than food items-- this gives the food bank more flexibility.

Here are a few ideas compiled by the ISJL's Community Engagement Department!

HELP FROM HOME

- **Pick up the phone.** Give friends and family a call to let them know you're thinking of them.
- **Reach out to at-risk neighbors, healthcare workers, etc.** Ask if there's anything you can do to help them, whether it's walk their dog, get groceries, etc.
- **Write cards to folks in retirement homes who cannot have visitors right now.** This is a great way for kids to use their art skills to make someone smile.
- **Donate blood if you are able.** Check in with your local blood bank to see if they are setting up mobile banks in your area.
- **Amplify messages of other helpers.** Use your voice to lift up the creative ways many folks have found to help.
- **If you can sew,** Vanderbilt's hospital is providing guidelines for making safety masks for healthcare workers - use those vetted guidelines, not random internet memes!

- **Take care of your mental and emotional well-being.** In her article, "Getting Emotionally Organized in a Crisis," Pippi Kessler encourages taking note of what we can take action of now as well as what cracks we see in current systems. Once we are through the worst of it, those are the causes for which we can work to enact change.
- **Support local businesses and restaurants by purchasing gift cards to use later.** You're not gonna want to cook for a long time after this!
- **Strategize your advocacy.** The NAACP put out an excellent document compiling short- and long-term actions that we can take on a variety of equity and civil rights concerns.

DOWN THE ROAD