STAY HOME
By physically distancing, you not only protect yourself, but also everyone around you.

CONNECT SOCIALY
Calling, emailing or writing a letter can help you and your loved ones feel less isolated.

DONATE
to local food banks or blood drives. Find a donation site near you by searching Feeding America and the American Red Cross.

STAY PHYSICALLY DISTANT BUT SOCALLY CONNECTED
This is a tough time for everyone. CDC guidelines tell us we need to keep our distance from each other to keep everyone safe. However, we can still stay socially connected to our friends and family as well as help those in our high risk community by donating funds and/or other resources.