HOW TO VOLUNTEER DURING COVID-19
coping through volunteering

In difficult times like this, it is essential that we continue to take care of ourselves. We encourage you to support your community as well. Recent research has found that civic participation, of any kind, increases one’s self-efficacy, organizational collective efficacy, and sense of community. Volunteerism is the leading civic participation task that improves individual and collective wellness.

Below are a few opportunities to get involved in your community!

**DONATE BLOOD**
Blood donations are still in need during these times. Precautionary measures have been upscaled for donation centers but blood products remain essential to community health. You can help by ensuring healthy blood for your community.


**DONATE ESSENTIAL NEEDS**
Resources are always in demand of donating, and that need is even more dire in a time of pandemic. The typical items of food and water are needed and hygiene and cleaning products can go a long way as well.

https://www.salvationarmyusa.org/usn/covid19/

**FOSTER/ADOPT**
Many shelters are looking for foster families as well as trying to adopt out their dogs/cats. In addition, animals greatly benefit our mental health! Find what your local shelter needs most whether it be volunteers, donations, or foster families.

https://www.aspca.org/adopt-pet/find-shelter

**ASSIST FOOD BANKS**
Food banks are always in need of workers to sort donations, prepare meals, and deliver care packages. Certain programs may also include systems for bookkeeping, or other online work. Providing these services to a local food bank is key to helping community members in need.

http://www.cafoodbanks.org/covid-19-resources

**GET MEALS TO SENIORS**
One of the most at-risk populations are our elders. Meals on Wheels has been serving the nutritional needs of seniors since 1954 by delivering meals to seniors who are unable to purchase or prepare meals. Help the elders in your community by donating or volunteering.

https://www.mealsonwheelsamerica.org/americaletsdolunch

**TUTOR KIDS**
Many students are struggling to keep up with their classes during this time. Help them with the subjects they are struggling with or just chat with some who are struggling with these changes.

https://www.icouldbe.org/standard/public/gi_index.asp#volunteer

**HOW TO STAY SAFE**
While volunteering, remember to keep yourself safe. Here are the CDC’s recommendations for how to protect yourself and others:

- Wash your hands often with soap and water for at least 20 seconds
- Avoid close contact with others, a safe distance is 6 feet apart
- Cover your mouth and nose around others with a cloth face cover
- Cover your coughs and sneezes, and wash your hands afterwards
- Clean and disinfect frequently touched surfaces daily