



Wee Learn



Coronavirus: How to Help and Give Back

How you can help during the coronavirus pandemic

As we watch the coronavirus pandemic play out on a global scale, it is easy to feel helpless. But no matter who you are or what your situation is, you can make a difference. Even if you are quarantined at home, there are still many ways to get involved and give back, including donating money or supplies, volunteering virtually, and checking in on people who might need support.

Finding ways to give back during COVID-19 will help lower your own anxiety and stress, boost your mood, and give you a sense of purpose during this difficult time.

Start with your community

The easiest way to give back is by reaching out to the people you know. Neighbours, friends, co-workers, and relatives can all benefit from a friendly text or video call. It may seem like a small gesture, but don't underestimate the positive impact of checking up on someone. Providing a touchstone for someone during this time is one of the best ways to be of service. If you're relatively young and healthy, another way to help is by running errands for those who are at higher risk of serious illness. Think of those in your local social circle who are elderly, disabled, or housebound. Reach out and see if they need help picking up groceries or prescriptions. You can leave bags outside their door to maintain a safe distance.

Make a donation

Consider donating to an organization that is making a difference during the pandemic. Some possibilities include hospitals and health centers or national and local charities that provide housing, financial assistance, or food. You can also help your favorite local businesses stay afloat during this time by purchasing gift cards that can be used later, ordering delivery from restaurants that are still open, and shopping from home if they're still taking orders.

Donate without spending money

If you're strapped for cash, there are ways to donate without spending money. Here are some goods that are in need.

- Food. Supporting your local food pantry/bank will help close the gap.
- Personal Protective Equipment (PPE). If you have some to spare, you can donate to hospitals and healthcare centers.
- Hard-to-find supplies. It is difficult to find things like toilet paper, paper towels, hand sanitizer, etc. If you have more than you need, see if a local food bank, essential business, or anyone in your neighborhood or social group could use them.
- Clothing. Spending more time at home might give you a good opportunity to clean out your closet and donate clothes that you may not need or wear.

Source: <https://bit.ly/3muLqPJ>

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Look for ways to help vulnerable groups

You can also volunteer from home by checking in with seniors by phone. You can also contact local nursing homes, senior centers, or non-profits serving those with cancer, disabilities, or other health challenges, and ask them how you can best help. Maybe you can deliver needed supplies, offer rides to the doctor, or simply write letters or make calls to help those who are isolated feel less lonely.

Consider your passions

Even if you're not contributing to a cause that directly involves fallout from the coronavirus, any kind of volunteering goes a long way. Many different organizations have a need for remote services.

Practice social distancing and self-care

Do not underestimate how much you are helping by simply following public health guidelines. Even by just staying at home as much as you can and practicing social distancing when you do go out, you are making a vital difference in your community.

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