



BOSTON ROTARACT'S GUIDE TO

HOW YOU CAN HELP YOUR COMMUNITY THROUGH COVID-19

**IF YOU'RE HEALTHY AND ABLE,
THERE ARE A NUMBER OF WAYS YOU
CAN MAKE A POSITIVE IMPACT!**

SO, WHAT *CAN* WE DO?

SERVICE DOESN'T HAVE TO STOP (AND CAN BE DONE FROM HOME)

- Check in on friends and remain in touch
- Should anyone become self-quarantined, make sure they have access to food and supplies
- Consider making a donation or tipping extra to those who have been hit hard by social distancing, like restaurant staff, labor workers, small business owners, museums and theaters, etc.
- Share resources, like hard-to-find toilet paper, disinfectant wipes, hand sanitizer, etc.

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IF YOU'RE COMFORTABLE LEAVING HOME:

- Check with local food pantries and consider donating specific types of food as needed if you have extra
- See if you can help elders or other immunocompromised folks with "simple" errands, like picking up groceries or sending mail
- Help deliver meals to children who typically receive breakfast and/or lunch through the schools
- Donate or distribute essential goods to shelters or people experiencing homelessness

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**TO THOSE WHO KEEP OUR COMMUNITIES RUNNING,
EVEN IN HARD TIMES - WE THANK YOU!
STAY SAFE, HEALTHY, AND HOPEFUL.**

"When I was a boy and I would see scary things
in the news, my mother would say to me,
'Look for the helpers. You will always find
people who are helping.'" - Mister Rogers

