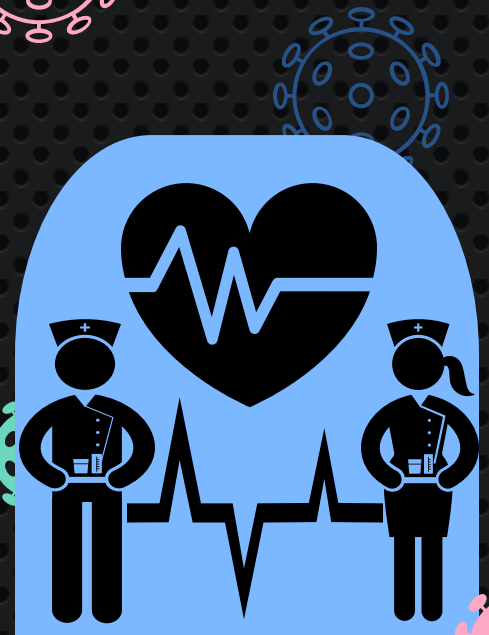


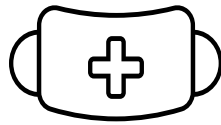
# 6 ACTS OF KINDNESS YOU CAN DO FOR HEALTHCARE WORKERS DURING THE COVID - 19 PANDEMIC

Dr. Candice McDonald



## Keep Them Fed

Feed our healthcare workers! Do this by purchasing from local restaurants to cover the cost of a meal! Doing this not only stimulates the local economy, but it is the perfect token of appreciation to let our healthcare workers know we care!



## Donate Supplies

Hospitals and other healthcare providers are in desperate need of unused personal protection supplies. The need for donations of masks, gloves, glasses and gowns is growing critical. Be sure to contact the hospital in advance of dropping of supplies to find out the process for donation acceptance.



## Become a Shoe Sponsor

Our healthcare workers are not only on their feet for long hours, but are also at risk for bringing germs home to their family. Companies like Crocs are donating a limited number of shoes for healthcare workers. You can do your part by buying a pair of Crocs for someone in healthcare via the Crocs website AND save 30%!!



## A Cup of Joe

Starbucks stores from around the world have been delivering coffee to hospitals and first responders. You can do the same by purchasing those speciality drinks from a locally owned cafe and making arrangements for local delivery or staff pick up.



## Create a Care Package

Create personal care packages for healthcare workers. Include items to help them through the crisis. Such as, cleaning wipes for their car, laundry soap to keep those scrubs washed and a few little items of cheer!



## Stay Home

Just Stay Home! Social distancing and staying home are at the center of the fight to save lives amid the COVID-19 pandemic. Staying home can help decrease the anticipated spike in cases and reduce the stress on our healthcare workers.

