

How can we **help** each other and animals as responsible citizens during **Corona virus**?

WE'RE ALL IN THIS TOGETHER.

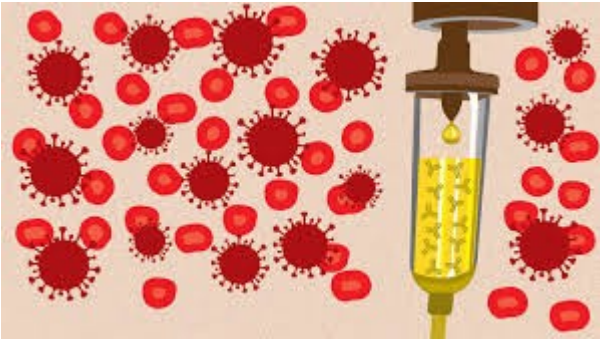
You're not alone.

There is always something you can do to help others. And by helping others you will also help yourself

No matter who you are or what your situation, you can make a difference. Even if you're quarantined at home, there are still many ways to get involved and give back,

BUT first of all **OBEY THE RULES**

- Give blood, donate plazma.
- Practice social distancing and self-care.
- Individuals who are blind or have low vision may need help with many things, such as reading ,you can help them via Social Media, so....
- Volunteer at Be My Eyes



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COVID-19 HELPERS



by Beth Bacon and Kary Lee

We can work with volunteer groups who set up self –isolated people during the corona virus outbreak.

- There we can pick up shopping or deliver medicine to the most vulnerable .
- We can announce on local social media(radio , tv) poeple to offer help.
- This help can be shopping, urgent supplies or a friendly call.

- We can take some food to our neighbors
- We can make some comics and share via social media and have fun with others.
- We can plant trees or water them.
- We can read more or write more...find different activities.
- We can call our family members and ask how they are, especially the old one who are alone.

WHAT CAN BE DONE FOR ANIMALS?



1. Foster or Adopt animals from shelters and take care .

- Animal shelters everywhere are having to close their doors due to the coronavirus pandemic. This puts the [millions of dogs and cats](#) in shelters with nowhere to go.
- Now, more than ever before, is the perfect time to give fostering a try
- If you're interested in fostering, contact an animal shelter or rescue group in your area to find out how you can help.

2.Support Animal Sanctuaries

- These days lots of people are losing their jobs, which means that they are less likely to donate money to charitable causes.
- . Reach out to individual sanctuaries to find out what they need and how you can best support them. It's also possible to use your skillset (and free time) to support an organization by helping with social media, graphic design, copywriting, and other tasks.

3. Donate Supplies

- If you aren't able to donate money, supplies are always helpful. Pet food, cleaning materials, blankets, and other items are usually welcome contributions for animal welfare organizations.

4. Voice Your Support with Online Petitions

- For people finding themselves at home with time to spare, there are quick and easy ways you can help animals from your phone or computer.

There are hundreds of online petitions for various causes, so you can lend your voice and help make a change in just a few minutes.

5.PUT SOME FOOD OUTSIDE FOR SREET ANIMALS

- Leave food to the designated locations on a regular basis so that the animals would not starve as now much fever people take to streets and stay at home due to virus, meaning they can not feed the animals anymore.
- At least you can put water and food infront of your home...



What else can we do ?

- Stay Home
- Although you might feel as though you're sitting around doing nothing, staying home is the best thing you can do right now. Not only will it keep you safer, but it'll also protect those in your community