



# 6 Ways to Be a Good Neighbor

DURING THE COVID-19 PANDEMIC

1

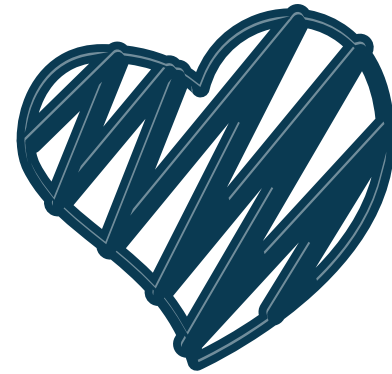
## Give



Make a donation to non-profits, who despite this crisis are still providing much needed services to local communities. Or donate goods and PPE supplies to those on the front lines fighting this pandemic.

2

## Thank



Show some love to our healthcare workers, delivery drivers, and other essential workers. Write thank you cards, post on social media, and share your appreciation for the people and organizations who keep our nation functioning.

3

## Volunteer



You can volunteer virtually from the safety and comfort of your home. Give your voice to help raise awareness, lend your talents to a nonprofit who needs your skills, or take half an hour to call a senior who may be alone..

4

## Support



Buy and order from small businesses and local restaurants and raise awareness for organizations that are getting hit the hardest by this pandemic. Celebrate members of your community who are giving back.

5

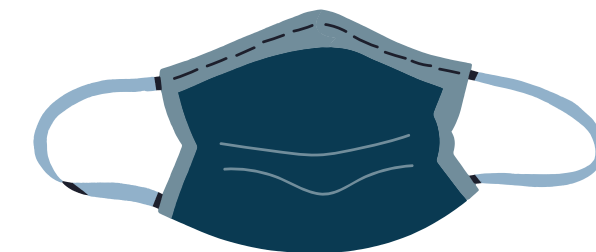
## Be Kind



Kindness is contagious. Buy flowers or groceries for a neighbor, send someone a gift card or meal, message an old friend, or hang an inspiring message from your window.

6

## Respond



Help with response efforts by searching for ways to help at-risk or vulnerable individuals, sewing masks for nurses and doctors, donating excess food items to shelters and food banks, or giving blood the safe way.

Visit [congressionalaward.org](https://congressionalaward.org) for more #StayAtHome resources.