

HOW TO HELP DURING COVID-19

If you are healthy and able to volunteer, there are important initiatives and community-based organizations that provide essential, lifesaving programs and services to vulnerable populations and those who need assistance during this time.

COVID-19 is contagious. Please take every precaution to ensure the safety of yourself and our community. If you are sick, please stay home and follow guidance from the Los Angeles County Department of Public Health. For more information, visit bchd.org/coronavirus.

SUPPORT THROUGH GIVING BACK

Beach Cities COVID-19 Fund: Beach Cities Health District has established a Beach Cities COVID-19 Fund to help residents impacted by COVID-19. The purpose of this fund is to provide Beach Cities residents who are income qualified with essentials like groceries and household and cleaning supplies. Residents wishing to submit donations by check can mail those to Beach Cities COVID-19 Fund, 1200 Del Amo Street, Redondo Beach, CA 90277. [Donate here](#) for online donations.

Delivering prepared meals: BCHD is launching a meal delivery program! We may need volunteer assistance to make deliveries, please let us know if you are interested by contacting us at bluezonesproject@bchd.org

American Red Cross: Host a [Sleeves Rolled Up Community Campaign](#). During this pandemic we are faced with a critical blood supply shortage because schools and universities, which are major sources of donations, are closed and blood has a limited shelf life. Consider limiting blood donors to adults under the age of 60 to align with the Safer at Home Order and allow donors to schedule appointments two weeks in advance. Contact Jennifer Johnson, Director of Faith Based & Community Programs at American Red Cross, for assistance: jennifer.johnson14@redcross.org.








NEIGHBORS HELPING NEIGHBORS

Neighbors Helping Neighbors Guidelines

When helping neighbors, such as dropping off groceries and supplies, follow these best practices for the safety of yourself and our community. Remember to wear your cloth face covering whenever you are out obtaining essential services and keep the cloth face covering on when you drop off groceries to your neighbor.

[View Neighbors Helping Neighbors Guidance Video.](#)

Errand Assistance Guidelines & Steps

-  1. Ring the doorbell or knock on the door
-  2. Place items on the doorstep
-  3. Step six feet away from the door
-  4. Wait for the neighbor to open the door
-  5. Wave, say hello and ask them how they're doing!
-  6. If they express needing additional help, you may suggest they call the BCHD Assistance, Information & Referrals line at 310-374-3426, ext. 256 (available every day, 8:30 a.m. – 5 p.m.)
-  7. After you leave, wash your hands or use a hand sanitizer with at least 60% alcohol

Kindness Cards

One way to help neighbors that you know is to drop off a Kindness Card to let them know you're here to help. Here's how:

- Print the Kindness Card at home ([download here](#))
- Cut the Kindness Cards (each sheet of paper has two cards)
- Fill in your contact information and check the items you're able to do
- Drop the Kindness Card off to the neighbors that you know or tape it to their front door
- If your neighbor answers the door, remember to practice physical distancing and remain 6 ft. away



hello! If you are safer at home, I can help.

My name is _____
I live locally at _____
My phone number is _____

If you are safer at home, I can help with:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Picking up groceries	A friendly phone call	Dropping off or picking up letters or packages	Taking out and picking up trash cans	Picking up groceries, items or over the counter supplies	Walking the dog(s)

Other _____

Just call or text me and I'll do my best to help you (for free!)

If you need additional help, including mental health support, call the BCHD Assistance, Information & Referral line at 310.374.3426, ext. 256 (7 days a week, 8:30 a.m. – 5 p.m.)

Coronavirus is contagious. I will be following all precautions to ensure I am spreading only kindness – including washing my hands frequently, maintaining a safe distance and using alcohol-based hand sanitizer. I'll leave items on your doorstep.

bchd.org/coronavirus

Care Packages

Assemble and deliver two types of care packages to supplement essentials and let your Beach Cities neighbor know that someone cares about them!

- Resident care package – for individuals safer at home who are unable to safely leave their home for essentials
- Facility care package – a larger care package for a senior housing complex with essential items they can have on hand for their residents

View the [Care Packages List](#) here.

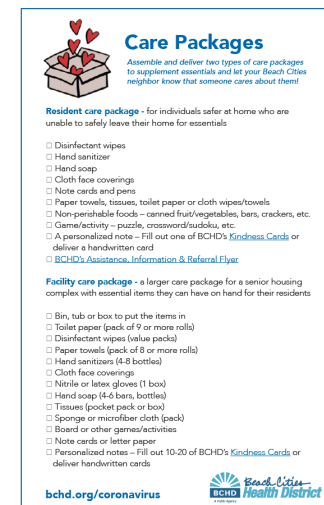
Always remember to respect neighbors' privacy and practice physical distancing.

GET SOCIAL!

Add a Facebook frame to your profile picture! Visit facebook.com/profilepicframes and search for our BCHD frame by name: #SaferAtHomeBeachCities.



For up-to-date information on how to help others, visit bchd.org/covidhowhelp



Care Packages

Assemble and deliver two types of care packages to supplement essentials and let your Beach Cities neighbor know that someone cares about them!

Resident care package - for individuals safer at home who are unable to safely leave their home for essentials

- Disinfectant wipes
- Hand sanitizer
- Hand soap
- Cloth face coverings
- Note cards and pens
- Paper towels, tissues, toilet paper or cloth wipes/towels
- Non-perishable foods – canned fruit/vegetables, bars, crackers, etc.
- Game/activity – puzzle, crossword/sudoku, etc.
- A personalized note – Fill out one of BCHD's Kindness Cards or deliver a handwritten card
- BCHD's Assistance, Information & Referral Flyer

Facility care package - a larger care package for a senior housing complex with essential items they can have on hand for their residents

- Bin, tub or box to put the items in
- Toilet paper (pack of 9 or more rolls)
- Disinfectant wipes (w/le pads)
- Paper towels (pack of 8 or more rolls)
- Hand sanitizers (4-8 bottles)
- Cloth face coverings
- Nitrile or latex gloves (1 box)
- Hand soap (4-6 bars, bottles)
- Tissues (pocket pack or box)
- Sponge or microfibre cloth (pack)
- Board or other games/activities
- Note cards or letter paper
- Personalized notes – Fill out 10-20 of BCHD's Kindness Cards or deliver handwritten cards

bchd.org/coronavirus

Share your #SaferAtHomeSelfie! Let us know how you are spending time physical distancing and helping slow the spread of COVID-19.

