

## HOW TO HELP DURING COVID-19



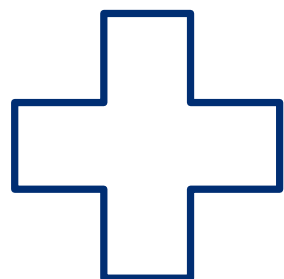
### **STAY HOME**

By physically distancing, you not only protect yourself, but also everyone around you.



### **CONNECT SOCIALLY**

Calling, emailing or writing a letter can help you and your loved ones feel less isolated.



### **DONATE**

to local food banks or blood drives. Find a donation site near you by searching **Feeding America** and the **American Red Cross**.

### **STAY PHYSICALLY DISTANT BUT SOCIAALLY CONNECTED**

This is a tough time for everyone. CDC guidelines tell us we need to keep our distance from each other to keep everyone safe. However, we can still stay socially connected to our friends and family as well as help those in our high risk community by donating funds and/or other resources.

**EMORY**  
HEALTHCARE

Veterans Program

[EMORYHEALTHCARE.ORG/VETERANS](https://emoryhealthcare.org/veterans)

888-514-5345