

Tips for Living during the COVID-19 Pandemic

The following list was compiled by Board members of Mennonite Healthcare Fellowship and other participants of a webinar on the COVID-19 pandemic, held on March 30, 2020. If you find it helpful, please share with your faith communities.

1. **Please take care of yourself.** Sleep, exercise, eat healthy foods, breathe deeply, and pray.
2. **Wash your hands.** Don't touch your face.
3. **Practice social distancing** and stay home.
4. **Give blood** if you are able. Visit redcrossblood.org
5. **Give what money that you can.** Give to organizations that help others, like MCC, your local church, or a food pantry. Give to your neighbor who is out of work.
6. **Reach out to individuals** who are isolated for a long time--elderly, immunocompromised, cancer patients. Ask how you can help them or just say "hi."
 - **Don't** go into retirement homes, as you might be asymptotically spreading the disease.
 - **Instead**, call, text, email, or write a letter.
7. **Reach out to your local hospital**, healthcare provider, food banks, or homeless shelters to see how you can help them by providing homemade masks or other protective equipment.
 - Consider making masks for persons in your community.
 - Please understand that it is generally thought that a homemade mask is more to keep the person wearing the mask from spreading the virus to others and does not necessarily protect the person wearing it from getting infected.
 - Mask patterns are available from [Deaconess](#), [JOANN](#) other websites.
 - Here is a [good article](#) on facemasks.
8. **Buy a gift certificate** to a local store or restaurant. This helps their cash flow during this difficult time.
9. **Consider increasing your garden** this year while intentionally thinking about who could benefit from your harvest.
10. **Pray and meditate.** Here are several helpful resources. (More notes online)
 - Resources for [personal meditation](#).
 - Prayers for a medical context collected by chaplains in Cincinnati. ([PDF](#))
 - [Resources from AMBS](#) (Anabaptist Mennonite Biblical Seminary)
11. **Have a conversation** about "End of Life" with your family. See fivewishes.org or [The Conversation Project](#).
12. **Give thanks and love your family** as you never have loved them before.

For additional context and resources, visit the [COVID-19 Resources page](#) of Mennonite Healthcare Fellowship (www.mennohealth.org).