RESPONDING TO COVID-19 IN MONTANA

Montanans are known for rallying and sticking together during times of crisis. As we respond as a community to the COVID-19 outbreak, here are some ways you can contribute, volunteer, and support your neighbors in need. *We urge volunteers to screen for COVID-19 per CDC guidelines before service and to comply with all federal, state, and local orders.*

HOW YOU CAN HELP...

**Prevent the Spread of COVID-19**
Follow public health guidelines, such as limiting human contact, maintaining social distance, and practicing good hygiene.

**Check in on Friends and Neighbors**
Do virtual wellness checks, especially on those who are elderly or isolated. Offer to go to the store for them or pick up their medications.

**Donate to Nonprofits**
Help our communities remain resilient by giving to the crucial nonprofits supporting our most vulnerable populations. Go to the organization's website and donate money online.

**Find Remote Volunteer Opportunities**
Give back and serve others from the comfort and safety of your own home through virtual or online service opportunities.

**Deliver Meals**
Ensure our vulnerable community members who are isolated or quarantined feel cared for and safe by delivering meals and supplies to their door.

**Support Your Local Food Bank**
Help food banks meet rising demand by donating funds or food items. Call ahead to access needs and drop-off instructions. Visit the Montana Food Bank Network at mfbn.org for more information.

**Donate Supplies to Healthcare Providers**
Support local health workers who are in need of personal protective equipment and cleaning supplies. Donate blood to avoid another health crisis and ensure a supply is available to those who need it most.

**Donate Blood**
Donate blood to avoid another health crisis and ensure a supply is available to those who need it most.

Learn more at covid19.mt.gov and coronavirus.gov