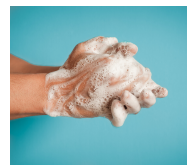


Responding to COVID-19 in Montana



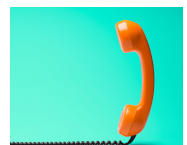
Montanans are known for rallying and sticking together during times of crisis. As we respond as a community to the COVID-19 outbreak, here are some ways you can contribute, volunteer, and support your neighbors in need. *We urge volunteers to screen for COVID-19 per CDC guidelines before service and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



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.



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.



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.

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