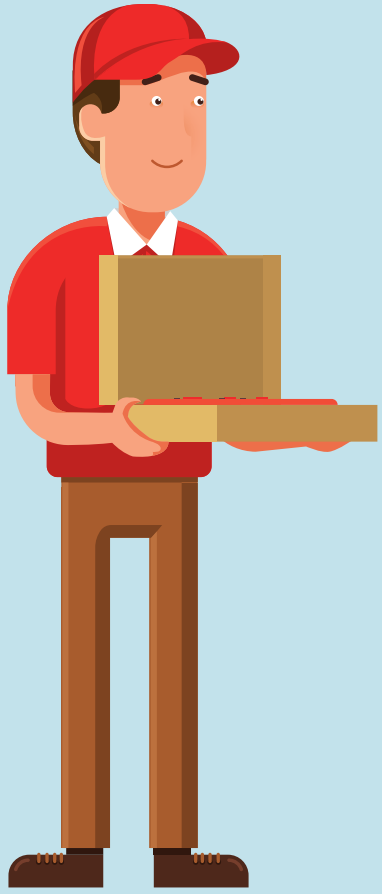




# Caring Well During Quarantine



Those who are continuing to serve us in grocery stores, restaurant curbside, and food delivery are doing a lot to keep us fed. Tip as well as you can and make sure to express how grateful you are for the work they do.

Healthcare workers like physicians, nurses, pharmacists, and support staff are working long hours and under intense pressure. Make sure to value their time by following their medical directives and showing patience and understanding as they work to serve your needs



Do not forget older people in your life, whether in your family, your neighborhood, or where you might worship. Call to make sure they have what they need and even call just to talk! Particularly those who live alone might be feeling scared and vulnerable in this time so do not underestimate how much your kindness might mean to them.

#havenhelping

For more, visit us at  
[www.havenhelping.com](http://www.havenhelping.com)

