# VOLUNTEER RESOURCE GUIDEBOOK





Center of Excellence - Homeland Security Emergency Management www.coehsem.com
9401 Farwest Drive S.W.,
Lakewood, WA 98498-1999



COOPERATION | COMMUNICATION | COORDINATION | COLLABORATION

# **CREDITS**

Linda Crerar, Director

Kellie Hale, Program Manager

Jasmine May, Media Specialist

Bryan Johnson, Webmaster

#### The VOADs role is to:

Bring organizations together and enable them to understand each other and work together during times of disaster preparedness, response, relief and recovery.

#### Mission:

The Mission of Washington
Voluntary Organizations Active in
Disaster (WAVOAD) is to bring
together Voluntary Organizations
Active in Disaster within the State of
Washington.

Together, these organizations foster more effective service to people

affected by disaster through cooperation, coordination, communication and collaboration.

WAVOAD's Vision Statement is: Leadership - Reliability - Excellence.

The Washington VOAD is the State Chapter of the National VOAD. The VOAD consists of organizations active in disaster response throughout the state of Washington.

The Washington VOAD adhere to the principles established by the National VOAD.

The principles are referred to as the 4C's:

- COOPERATION
- COMMUNICATION

- COORDINATION
- COLLABORATION



CONTACT US: KHale@pierce.ctc.edu







These principles serve as the foundation for the Washington VOAD as it collaborates with local, regional and national partners to coordinate disaster relief, response and recovery efforts in times of disaster.

WAVOAD is part of a network of similar national, state, and local groups that originated after Hurricane Camille in 1969 because disaster service providers were concerned about duplication of efforts. In 1970, representatives from these organizations started meeting regularly as National Voluntary Organizations Active in Disaster (NVOAD).

WAVOAD grew out of the rationale that the best time to train and prepare for disaster response and become acquainted with your disaster response partners is before a disaster happens.

Following a disaster, WAVOAD convenes its members and other agencies to discuss how they will work together cooperatively in the crisis. WAVOAD does not itself deliver services. Instead, its members independently meet relief and recovery needs within the cooperative framework the organization makes possible.

WAVOAD coordinates planning by the many voluntary agencies responding to a disaster so they provide more effective service with less duplication when a disaster strikes.

# WAVOAD member organizations work together and serve through:

- Cooperation a climate of cooperation at all levels to provide sharing of information
- Coordination coordinates policy among member organizations and serves as the state liaison, advocate, and voice to the national VOAD
- Technical Assistance provides training to members to increase awareness and preparedness for each organization

- Mitigation supports the disaster response efforts of federal, state, and local agencies and government
- Outreach and Education encourages the participation of agencies throughout the state, encourages the formation of county VOADs, gives guidance to state and regional volunteer organizations active in disaster response, and supports appropriate legislation
- Convening conducts seminars, board meetings, conferences, and training programs.

#### Who Should be a VOAD member?

- Voluntary organizations and faith-based groups engaged in disaster preparedness and response.
- Private sector partners that want to assist communities affected by disaster.
- Organizations and community groups with a mission in emergency response.

#### **Services Provided by WAVOAD Members:**

- Management of spontaneous/unaffiliated volunteers
- Management of unsolicited donations
- Debris removal
- Construction
- Mass Care (Shelter / Feeding)
- Animal evacuation and sheltering
- Food Banks
- Transportation
- Communications
- Long Term Recovery

www.wavoad.org



Since our founding in 1970, National Voluntary Organizations Active in Disasters (National VOAD) Member organizations have worked tirelessly to assist communities affected by disasters. Over the past 44 years, the VOAD movement has grown to include more than 100 Member organizations.

Guided by the core principles of the 4Cs — cooperation, communication, coordination, and collaboration — National VOAD Members provide the leadership that builds strong, resilient communities and delivers hope in times of need.

National VOAD, an association of organizations that mitigate and alleviate the impact of disasters, provides a forum promoting cooperation, communication, coordination and collaboration; and fosters more effective delivery of services to communities affected by disaster.

National VOAD will be the recognized non-governmental leader of the disaster preparedness, response, and recovery sector.

National VOAD members and partners represent a powerful force of goodwill in America. Through the VOAD network, WE provide the leadership that makes our communities stronger and more resilient. In times of need, WE deliver hope for a more positive future.

National VOAD is led by Member organization volunteers and staff who are champions in the preparedness and disaster services community. Many volunteer their time to serve on our Committees and Task Forces, as members of our Board of Directors, or participants at the annual National VOAD Conference.

www.nvoad.org

When faced with challenges, our nation has always relied on the dedication and action of its citizens. Serve Washington, formerly the Washington Commission for National and Community Service (WCNCS), is proud to carry on a long tradition of citizen involvement by providing opportunities for Americans of all ages to improve their communities through service.

# PROGRAMS-

# **AmeriCorps**

AmeriCorps is a national service program that engages citizens in solving community problems. Members commit to full-time or part-time positions offered by a network of nonprofits, faith and secular community-based organizations, public agencies, Indian tribes, and institutions of higher education to fulfill assignments in the fields of disaster services, economic opportunity, education, environmental stewardship, healthy futures, and veterans and military families. Members serve in these positions over a 10-12-month period. AmeriCorps is a program of the Corporation for National and Community Service (CNCS), an independent federal government agency.

#### **AmeriCorps State and National**

AmeriCorps is funded through grants that are administered either at the state level or through organizations that operate in two or more states (AmeriCorps National). Organizations that operate solely in Washington typically apply for grants through Serve Washington (AmeriCorps State).

- Find AmeriCorps programs in Washington
- AmeriCorps funding opportunities
   Organizations use their AmeriCorps funding to recruit, place, and supervise AmeriCorps members.

Prospective AmeriCorps members either apply directly to the program or through the MyAmeriCorps online portal operated by CNCS. Application processes vary, depending on the program. Our staff can answer questions about the application process and the kinds of programs available in our state.

 Learn more about AmeriCorps member benefits, programs in Washington, and how to apply AmeriCorps National Civilian Community Corp (NCCC)

AmeriCorps NCCC is a full-time, residential team-based program for men and women ages 18–24. Members serve at one of five regional campuses located throughout the country. Each campus focuses efforts on states within its region but may travel to other areas in response to national crises. The Sacramento, CA, campus serves the western region of the U.S., and manages the application process for both program participants and prospective project sponsors in our state.

# AmeriCorps VISTA

VISTA provides full-time members to nonprofit, faith-based and other community organizations, and public agencies to create and expand programs that ultimately bring low-income individuals and communities out of poverty. VISTA in our state is administered by the Washington State Office of the CNCS, in Seattle.

## VOLUNTEER

- Volunteer during COVID-19
- Volunteer opportunities
- Awards and recognition

# Are you ready to volunteer?

The need for volunteers has never been greater, and the time to get involved has never been better. Finding the opportunity that best suits your skills, availability, and expectations can make all the difference in your experience. Volunteering can open your mind, your heart, your hands to helping your community and building a better future for all of us. Help out once, help out once a week. Be a part of a great community and a tremendous state! Click on Volunteer Opportunities to find a volunteer center near you!

# Questions to ask yourself

It is good to ask yourself some important questions about your interests, needs, and limitations before you begin searching for volunteer opportunities:

- Do you have a passion that can be pursued through volunteering?
- How much time can you give? Once a week, a few times a month, or every so often?
- What skills would you bring to a nonprofit or volunteer organization?

- Are there new skills or knowledge you would like to acquire?
- Where and how do you want to serve?

# **Examples of volunteer opportunities**

It is also important to consider what kind of volunteering experience you want to have and what kind of environment you will feel most comfortable in.

Examples of volunteer opportunities include:

- Tutoring children in reading and math.
- Helping to build houses with families in need.
- Participating in neighborhood watch programs.
- Serving as a Community Emergency Response Team member
- Mentoring a young person to help him or her achieve a personal goal.
- Joining a community environmental clean-up or recycling project.
- Delivering meals for elderly and ill residents in your neighborhood.
- Helping local nonprofits by fundraising, recruiting other volunteers, serving on their boards, or contributing other skills you may have.



# **VOLUNTEER OPPORTUNITIES**

To connect with a volunteer center in your community, please use the list below. If there is a volunteer center in your community that is not on this list, please contact us.

Asotin and Garfield Counties Washington-Idaho Volunteer Center

1424 Main St Lewiston, ID 83501 208-746-7787

Bellingham (serving Whatcom County)
The Volunteer Center of Whatcom County (a program of the Opportunity Council)

1419 Cornwall Ave Bellingham, WA 98225 360-734-3055

Bremerton (serving Kitsap County)
United Way of Kitsap County

645 4th St Suite 101 Bremerton, WA 98337 360-377-8505 http://www.volunteerkitsap.org/

Chehalis (serving Lewis County)
United Way of Lewis County

450 NW Pacific Ave Chehalis, WA 98532 360-748-8100

Ellensburg (serving Kittitas County)
RSVP and Volunteer Center of Kittitas County

1206 N. Dolarway Rd Suite 219 Ellensburg, WA 98926 509-692-4311

Mount Vernon (serving Skagit County)
Skagit Volunteer Center (a program of Community
Action of Skagit County)

2221 Riverside Dr Mount Vernon, WA 98273 360-588-5731

# Seattle (serving King County) Seattle Works

240 2nd Ave S Suite 208 Seattle, WA 98104 206-324-0808

# **United Way of King County**

720 2nd Ave Seattle, WA 206-461-3700

Spokane (serving Spokane County)
United Way of Spokane County

920 N. Washington Suite 100 Spokane, WA 99201 509-838-6581

Tacoma (serving Pierce County)
United Way of Pierce County

1501 Pacific Ave Suite 400 Tacoma, WA 98402 253-272-4263

Walla Walla (serving Walla Walla and Columbia counties)

The Volunteer Center at United Way of the Blue Mountains

112 South First St Walla Walla, WA 99362 509-529-1183

Don't forget about opportunities to serve with national service programs in your community to support and enhance their AmeriCorps program activities or to participate in episodic service projects for national volunteer campaigns such as the Martin Luther King Jr. Day of Service, Make a Difference Day, etc. You can also search for volunteer opportunities through All for Good. To find an AmeriCorps program near you, view the find an AmeriCorps program page.

https://servewashington.wa.gov/



# Washington

#### What is 2-1-1?

2-1-1 is a free confidential community service and your one-stop connection to the local services you need, from utility assistance, food, housing, health, childcare, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you in finding the help you need. Dial the three digit number 2-1-1 on your phone or Find Help here. If you are outside of Washington or have a problem dialing the number 2-1-1, please dial 1-877-211-9274.

#### How 2-1-1 Works

Dial 2-1-1 from anywhere in Washington State and you will reach a highly trained information and referral specialist who will assess your needs and provide a list of referrals to available resources in your community. Washington 211 has a database of over 27,000 resources to help you find the right services. Referrals are usually given over the phone or can be emailed or text to you. In crisis situations a warm transfer can be made directly to crisis specialists or 9-1-1. TTY for the deaf and hard of hearing and interpreter services are also available in 140+ languages.

#### **Search Resources Online**

Washington 2-1-1 is continually updating and adding resources to a comprehensive database of over 27,000 services that you can also access and search online. Search by location, service category, service term, or agency name to find the resources you need.

#### **Search Resources**

Resource and community need data for Health Organizations, Community Agencies and Government

- Washington 2-1-1's comprehensive database of resources can provide the foundation for specialized resource databases or for care coordination and closed looped referral systems.
- Washington 2-1-1 tracks the location and type of services callers are asking for or searching for on-line and the types of referrals that are made, providing accurate, unbiased, real time information about community needs and gaps in services to create custom needs assessments.

# 2-1-1 History and Facts

- May 6, 1997, United Way of Metropolitan Atlanta adopted 2-1-1 as a simple, easy number to call when people want to help or when they need access to human services.
- In 2000, United Way of America petitioned the Federal Communications Commission to assign 2-1-1 as the abbreviated dialing code for consumer access to community information and referral services and was approved later that year.
- In April 2004, WIN211, later renamed Washington 2-1-1, was incorporated as a nonprofit 501(c) (3) organization.
- In 2003, the Washington State Legislature passed ESHB 1787 in support of the creation of a 2-1-1 system for the state and recognized Washington 2-1-1 (WA211) as the lead organization.
- February 11, 2006, the first 2-1-1 call was answered in the State of Washington.

#### **Disaster Relief**

- 2-1-1 is a partner in the state's emergency management plan as well as many local and regional plans.
- 2-1-1 can mobilize statewide during times of disaster.
- 2-1-1 relieves pressure on the 9-1-1 phone system for non-emergency calls (Up to 20% of 9-1-1 calls are non-emergency).
- 2-1-1 is a central point of contact for emergency responders to share up-to-date information on shelter locations, evacuation, routes, road closures and public health advisories.
- 2-1-1 assists community efforts by coordinating community volunteers and donations.
- Washington 2-1-1 has been called into action for wildfires, flooding, landslides, winter storms, manmade disasters and health pandemics.
- **Sample Calls**
- A single mother who is worried about the gas shutoff notice she just received.
- A mother looking for childcare and after school activities.

- A caller who is depressed, considering suicide and wants help.
- A young woman with a disability inquiry about available transportation.
- A caller seeking information about eligibility for Food Stamps.
- A caller looking for volunteer opportunities

#### Careers

The Washington 211 statewide system of regional contact centers is always looking for smart capable people to join their teams of information and referral specialists. Whether you are passionate about getting people connected with the resources they need, or if you are looking for your next career, there is a Regional 2-1-1 Contact Center that may be looking for someone like you.

www.wa211.org



Washington State Emergency Registry of Volunteers (WAserv) is for citizens who are willing and able to help during disasters and significant events.

Register now to partner with your local Public Health, local hospital, neighbors, and others who need assistance.

Register for WAserve:

https://www.waserv.org/agreement.php https://www.waserv.org/index.php



The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during disaster situations, allowing them to focus on more complex tasks.

- Register, join or login to update information about your CERT program
- Find your local CERT program
- Contact-us if you need assistance logging in: fema-prepare@fema.dhs.gov

#### **CERT History**

The CERT concept was developed and implemented by the Los Angeles City Fire Department in 1985. The Whittier Narrows earthquake in 1987 underscored the area-wide threat of a major disaster in California. Further, it confirmed the need for training civilians to meet their immediate needs.

CERT became a national program in 1993. There are now CERT programs in all 50 states, including many tribal nations and U.S. territories. Each is unique to its community and all are essential to building a Culture of Preparedness in the United States. There are over 2,700 local CERT programs nationwide and more than 600,000 people have trained since CERT became a national program.

Find the new updated CERT Basic Training curriculum online and order free copies from the FEMA publications warehouse beginning January 8, 2020. The CERT Basic Training includes research-validated guidance for CERT programs to teach members what to do before, during, and after the hazards their communities may face. The materials in the training include:

- instructor guides.
- participant manuals.
- hazard annex slide decks
- FEMA Independent Study IS-317:
   Introduction to CERT can be taken online before or during training.

CERT members in leadership positions are encouraged to take the CERT Train-the-Trainer and Program Manager Courses. Find more information through the Emergency Management Institute (EMI) and signup for course offerings too.

#### Teen CERT

For local CERT program managers and others who want to establish and maintain CERT training for teens, there are several tools at your disposal. Learn more at:

www.ready.gov/teen-cert

# **Campus CERT**

A college or university campus often functions as a "city within a city," and often has its own emergency management capabilities. A Campus CERT program can support and enhance existing capabilities, and CERT volunteers can participate in efforts to increase the preparedness and resilience of the on-campus community.

Campus CERT Starter Guide

#### **Workplace CERT**

A Workplace CERT program can support and enhance existing capabilities, and CERT volunteers can participate in efforts to increase the preparedness and resilience of the workplace and community. Workplace CERT programs are designed to operate in any type of workplace environment. You can use the Workplace CERT Starter Guide as you plan and build a CERT in your workplace.

Workplace CERT Starter Guide

https://www.ready.gov/cert



Washington State Search and Rescue Volunteer Advisory Council (WA SARVAC) exists to provide a forum for search and rescue volunteers in our state to work together to develop best practices, develop curriculum, and discuss and resolve issues.

We serve as a liaison between the search and rescue units and the volunteers that comprise them, and the WA Emergency Management Division, the agency that oversees search and rescue activities at the state level.

We work with the Washington State Search and Rescue Coordinators' Association (WSSARCA) to address the needs of law enforcement agencies in our state when it comes to SAR volunteer responders. In a typical year, search and rescue responders answer the call to assist law enforcement agencies search for missing persons and those in distress around 900 times each year. This volunteer service is invaluable in the communities in which we serve.

# How to Volunteer for Search and Rescue Contact Local Units or Sheriff's Office

Search and rescue units are located throughout Washington State. If you are interested in joining a search and rescue unit in your area, you can find contact information on our SAR Units by County page. If you live in a county that does not have a

SAR unit listed, you can ask if a search and rescue program exist by contacting the Sheriff's Office or Department of Emergency Management in your county.

Attend and Complete Required Training and Testing There are several required training components that include Federal (FEMA IS-100 and IS-700 Independent Study course), State (Core Competency or similar basic search and rescue skills course), and even County requirements. Using volunteers on missions that have completed these training requirements means several things. First, the responders will understand how to engage in moderate and high-risk activities by conducting risk assessments and using situational awareness to engage in competent decision-making processes. Second, the responders will work to ensure the mission goes smoothly and as efficiently as possible, resulting in more positive outcomes for the lost persons in our state. Search and rescue responders take written and physical exams to ensure they understand the various topics and can put key skills into practice.

# **Respond to Missions and Attend Ongoing Training**

After completing training and testing, new responders are finally ready to deploy on missions. For search and rescue responders, the goal is to be able to assist those lost and injured who need assistance. However, just because the initial training period is complete does not mean that training is over. Many search and rescue skills are perishable, and responders need to undertake ongoing training to keep skills up. In addition, there are other training offerings, depending on the unit, that allow members to learn new skills and grow in ability and capability.

http://www.wasarvac.org/



# WHAT WE DO -

We have rescued dogs from the side of a cliff. We have pulled horses out of mud and helped them stand after being cast in their stalls. We have helped dogs with burned and cut paws make it back down hiking trails. We have pulled cows out of ravines and rounded up pigs.

We also set up and run emergency animal shelters in disasters, like wildfires. WASART responds to domestic animals in difficult situations. We can be called out by owners, emergency services, and emergency management.

#### **Get Involved**

It is not all about putting on a harness and pulling an animal out of a sticky situation or of helping in an emergency animal shelter. Whether your interest is in technical rescue, hospitality, fundraising, training, or other opportunities, we have a job for you, and they all work toward the same goal—saving lives.

# Help Save Lives

You do not have to be the hands-on type to help animals in danger. Your financial support can help us get the equipment we need to save lives. As a 501(c)(3), your contribution is tax deductible. Our low overhead and volunteer staff ensure your gift goes right where it is needed most.

#### VOLUNTEER

#### SOMETHING FOR EVERYONE

Some people are the kind to rappel down a cliff and some are the kind to help set up a rescue operation while some are happy setting up snacks to fuel the front-line rescue teams. Whatever your interest, we have something suited to your unique talents.

# JOIN THE TEAM TECHNICAL RESCUE

As the heart of our response team, the Technical Rescue Team (TRT) trains with ropes and rescue gear to save companion animals and livestock. Dogs, horses, cows, pigs, llamas, and more get into situations they need help out of. This team is physically the most challenging but can also be immeasurably rewarding.

WASART's focus on training means you do not need previous training or experience, but we do ask you to have a great attitude and be focused on safety. A TRT member often relies on their teammates to keep them safe in dangerous situations. At the end of the day, safety is our priority.

#### **BASE TEAM**

Strapping on a harness and learning ropes is not everyone's deal, but you can still provide necessary leadership or back up on the site of a rescue. Instead, you can provide an invaluable service helping transport equipment, haul on rope lines, make sure everyone is hydrated, manage radios, or check the site for trailer access.

The Base Team does not require the more technical skills of the technical team. With a few classes and vaccinations, you can be on the ground helping save lives, too.

#### **OTHER TEAMS & COMMITTEES**

There is a lot of work that gets done in the background.

We always need help on committees such as outreach, training, fundraising, hospitality, merchandising, finance, and equipment management. Probably 75% of the work done within WASART is done by committees. Best of all, you can do much of the work from the comfort of your own home.

https://wasart.org/



Volunteers carry out 90% of the humanitarian work of the Red Cross.

#### **Learn About Volunteer Opportunities**

The vital work of the American Red Cross is made possible by people like you who contribute their unique backgrounds, talents and skill levels. Our needs change based on current events, adding flexibility to get you involved in an area that inspires you!

Explore typical opportunities or take a short quiz to discover the type of role that's right for you: FIND MY VOLUNTEER OPPORTUNITY

Your Local Red Cross Needs You We have volunteer opportunities to match a wide range of interests and time commitment. Contact your local chapter to find out more about what is available in your area.

## **Board Members**

Serve on local boards and help with fundraising and marketing programs. Be the face of the Red Cross in your community and ensure we are serving your community well.

# **Volunteer Services**

Assist with volunteer recruitment, placement, record keeping and recognition.

# **Community Volunteer Leader**

Community Volunteer Leaders (CVL) act as a "face of the Red Cross" to the community and focus upon recruiting volunteers and managing key local relationships.

# **Opportunities for Nurses and Nursing Students**

Nurses have been vital to the work of the American Red Cross since 1888. Today, more than 15,000 of your fellow nurses are involved in providing disaster services, teaching and developing courses, managing blood drives and other leadership roles throughout our organization.

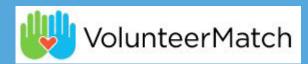
- The Red Cross Nursing Network
- National Nursing Awards
- Student Nurse Volunteers
- Jane Delano Scholarship

## **Opportunities for Young People**

25% of Red Cross volunteers are age 24 or younger. Being young is no barrier to being able to help people in need, in your community and around the world!

- School Clubs
- Create, plan and participate in service projects to help your school, your community and make an impact around the globe.
- Find a Red Cross Club Near You
- Start an Elementary, Middle, High School or College club
- National Youth Council
- Represent the 100,000 young Red Cross volunteers, advocate for youth involvement and advise Red Cross senior leadership on policies relating to young people.
- Learn More About the National Youth Council
- Sign Up for Youth Wire Newsletter
- Internships
- Gain hands-on experience in working for a non-profit! Exceptional undergraduate and graduate students are encouraged to apply for summer internships at Red Cross headquarters in Washington, D.C.
- Learn About Internship Opportunities
- Club Red Networking
- Network with other socially conscious professionals while planning social fundraising events and participating in community service projects. The groups also offer leadership development and mentoring opportunities.
- Contact Your Local Chapter

www.redcross.org



VolunteerMatch matches inspired people with inspiring causes. It is how volunteers and nonprofits connect to achieve remarkable outcomes. https://www.volunteermatch.org/

# **VOLUNTEERING -**

- Are you interested in volunteering in response to COVID-19? The State of Washington needs your help! We are looking for individuals to serve as Community Health Volunteers to assist Washington's healthcare authorities with customer care/service, data gathering and entry and analysis, language skills, and much more! Volunteer assignments may vary in scope, location, time and length of commitment. A current healthcare license or medical background is NOT a requirement for volunteering
- The Department of Health is supporting enrollment and activation of emergency volunteer health practitioners for the COVID-19 response.
- Sew simple cloth masks for organizations like nursing homes, homeless shelters, and food banks who urgently need them in our state. Find instructions for making and donating masks at Washington Mask Challenge.
- If you would like to volunteer to assist with the response, learn more about how to help.
- Register with the Washington State Emergency Registry of Volunteers (WAserv) to partner with public health and others who need assistance in their response to the COVID-19 pandemic.
- For more information about service opportunities during COVID-19, visit Serve Washington.

# **DONATE BLOOD AND PLASMA**

There's a vital need for blood and plasma donors right now. Visit Bloodworks in the Puget Sound region, Vitalant in the eastern Washington region, and American Red Cross Blood Services and your

local blood bank elsewhere to donate blood. Visit the Plasma Protein Therapeutics Association to find a plasma donor center in your area.

#### SUPPORT FOOD BANKS

Gov. Jay Inslee joined key nonprofits and local philanthropies to launch a coordinated, statewide food relief fund that will help reach those in need in every corner of Washington.

The relief effort, called WA Food Fund, is being managed by Philanthropy Northwest, a network of philanthropic organizations committed to helping communities across the Northwest. The effort will combine business and philanthropic dollars with individual fundraising to have the most effect. To donate, visit the WA Food Fund site.

Volunteering at your local food bank or donating food directly to your local food pantry is also a great way to help. Food donation is still safe and many food banks still welcome these forms of donation. Contact your local provider to find out about their individual policies and needs. The Department of Health has guidelines to help make sure food donations are safe.

#### **SUPPORT NONPROFITS**

Nonprofits of all types — especially those serving vulnerable communities — need your help. Donate to nonprofits you love that are helping people in need, that your friends recommend to you, or to those addressing systemic inequities and disparities. You can also consider giving to regional funds through Philanthropy Northwest.

If your company has an Information Technology (IT) service or product that can help Washington State in its COVID-19 response let us know.