

# HOW YOU SHOULD HELP - AND HOW YOU BETTER SHOULDN'T?

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There are various forms how to help in these times, all of them are valid and needed. Think about what type of help is most compatible if your own worries and skills; e.g. children's day care, support regarding school work via video chat or maybe walking someone's dog. Also, you might consider phone calls with elderly people or people who are sick or delivering groceries or even books to their doors. If you are able to and healthy, donating blood or signing up as a volunteer at the Gesundheitsamt might be something you could do.

Other than these direct and practical forms of help, there are more abstract ones, like e.g. only buying products and quantities you actually need and sharing groceries, if possible. You might consider checking your own stocks and thinking about what you will actually need in the next days/weeks. Things other than that might be something to share with other people.

We are very proud and happy to see how many people already show solidarity and want to help people, especially those people who are affected the most by the recent governmental actions or are consider to be in groups of high risk for severe symptoms of Covid-19. This is exceptional and shows how much we are able to do in a community with solidarity. At the same time it might be difficult to know how and what to do in these times when the actual situation and information change at a rapid pace.

## HELPING PEOPLE IN TIMES OF CORONA? OF COURSE! BUT... HOW?

Disclaimer: We are by no means medical experts but tried to develop these guideline points in consultation with experts.

In case of a pandemic it is not recommended to just start helping in whatever way just comes to mind. The reason behind this is that like this the helping people will meet a big amount of new people and go to numerous places in a short time - especially places and people they otherwise wouldn't have met. This increases the quantity of social contacts and will lead to a higher risk for the general public.

COVID-19 especially seems to contaminate children and adolescents but shows only a few (sometimes even no) symptoms on them, when at the same time they are highly infectious. If you happen to be between 20 and your mid 30s and you want to help as many people as possible, e.g. with children's day care, buying groceries, ecc. it is possible that you spread the virus amongst the people you are trying to help and the people you meet at the places you are going.

As we live in a society full of contradictions, people are still forced to go to work while they have to take care of their children (and their school work), people working in underprivileged conditions might even lose their jobs these days due to Corona while having to pay their rent and not to mention our health care system that already was in a financially difficult place and now has to keep up with a situation that it probably wasn't prepared for. So, definitely a situation in which we as people should help each other, reach out to each other and be there for each other.

We came up with some points you should consider when helping - because: solidarity is also about not exposing other people to a higher risk due to our behavior as helpers.

- 1. Help on a local level**, e.g. your direct neighbors.
- 2. Help a few but continuously.** If you want to support families by giving free day care to their children, choose one family and only help this family. Try to keep potential infection chains as short as possible.
- 3. Reduce** your physical **social contacts** to an absolute minimum.
- 4. Consider the following points when physical help is needed:**
  - Keep social contacts to as few people as possible. (put groceries in front of the door, phone calls instead of physical meetings, ecc. Also: Please **avoid any physical contact** to people in medical professions and groups of higher risk.
  - **disinfect surfaces** and your **hands**.
  - Use cashless payments wherever possible.
  - Use **delivery services**, e.g. at pharmacies
  - Disinfect your hands or wear gloves. You can also wear a mask to protect others but we want to point out that these are urgently needed in hospitals and other medical contexts, so please only buy them if you really need them.



**Solidarity despite Corona!**  
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