

## COVID 19 2<sup>ND</sup> WAVE: OPTIONS TO HELP

### **Bishops / Pastors / Priests**

- Coordinate with local govt. authorities and make available schools, halls, open grounds, etc. to set up as COVID Care centres or Isolation centres.
- Open up parish halls to prepare / provide food for COVID affected families or poor families who have lost work in the local lockdowns or returning migrants.
- Make vehicles available for transporting food, oxygen, medicines etc.
- Open up guesthouses / parish halls for home isolation: provide room and food for asymptomatic or mild symptom patients who cannot isolate at home and do not need medical support.
- Assist hospitals in crisis by setting up a team of volunteers to handle non-medical tasks e.g. serve food, manage reception, handle calls, etc. Provide food and accommodation for the volunteers to isolate after work.
- Coordinate a team of volunteers to identify local oxygen resources and assist community members in procuring and transporting oxygen cylinders.
- Coordinate a Burials helpline for those in need.
- Arrange / coordinate a bereavement or grief counselling helpline for those suffering through COVID deaths or the trauma of COVID care.
- There are several NGOs and community groups already working locally. Collaborate with them by providing infrastructure, volunteers, resources etc. to extend their reach.
- Resource Mobilisation: Several NGOs require materials or funds to continue their work. Assist them in their fundraising or help them acquire the necessary materials through your community, international networks or donation drives.
- Local governments have initiated helplines or support centers. Contact them and see how you can collaborate or help.
- Ensure COVID appropriate behaviour in churches, communities etc. Talk about it in Church, ensure social distancing and provide masks to those who are unable to procure.
- Provide sanitizer, masks, food, provisions, etc. to the poor or migrants returning due to lock downs.
- Organize an oxygen langar / drive-through oxygen space where those who cannot get oxygen cylinders can come for emergency oxygen availability.

### **Medical Professionals**

- Coordinate in-home nursing supervision with retired nurses / doctors to administer basic medication and monitor COVID patients living alone.
- Set up a medical helpline with doctors to monitor patients isolating at home.
- Emotional Support Helpline: Arrange mental health professionals or counsellors to help those struggling with anxiety, stress or depressive thoughts during this crisis.

- Provide guidance on how to use oxygen cylinders, concentrators, plasma, medication etc.

### **Community / Volunteers**

- Arrange for food preparation and delivery to homes with COVID patients
- Arrange for grocery and essentials delivery to homes with COVID patients
- Assist hospitals in crisis by volunteering to handle non-medical tasks e.g. serve food, manage reception, handle calls, etc.
- Vaccination assistance: assist elderly or poor to sign up online for vaccination and provide transport to and from vaccination centers.
- Coordinate a team of volunteers to identify oxygen resources and assist community members in procuring and transporting oxygen cylinders.
- Start a Burials helpline for those in need and assist families in arranging burials or cremations with COVID protocol.
- Station volunteers at hospitals & oxygen refilling centers to provide real-time information to community about availability of beds, oxygen, etc.
- Coordinate with COVID recovered to donate plasma to those in need by identifying donation centers, arranging transport, etc.
- There are several NGOs and community groups already working in several of these areas. Volunteer with them to extend their reach.
- Local governments have initiated helplines or support centers. Explore possibilities of volunteering with them.
- Ensure COVID appropriate behaviour in churches, communities etc. Volunteer to ensure correct masking, social distancing and sanitization.
- Provide sanitizer, masks, food, provisions, etc. to the poor or migrants returning due to lock downs.

For details on how CCH Member Organizations are addressing this pandemic, visit:

- <https://www.cmai.org>
- <https://eha-health.org/>
- <https://www.chai-india.org>
- <https://www.cmch-vellore.edu/>
- <https://www.cmcludhiana.in/>