



SUPPORTING THE WORK OF OUR MEDICAL PROFESSIONALS

Medical professionals will be facing circumstances most have never seen. They will be working long hours, day in and day out for weeks—not quitting until the job is complete. They will care for a patient’s physical symptoms and also their fears, stress and anxiety.

Here are a few tips from Matt Swanson, M.D., a Skyline Health physician on how you can support a health care worker.

1. **Follow the guidelines.** The main thing you can do to support health care workers is help limit the number of people who get sick. Please follow the guidelines recommended by the Washington State Department of Health, practice social distancing and wash your hands.
2. **Thank them.** If you know a health care worker, be sure to thank them. Just hearing you recognize their work is very powerful. Also, reach out to them and have a conversation!
3. **Give blood.** COVID-19 patients are not in need of blood. However, while this pandemic escalates, we still have patients coming in every day who need blood due to accidents, emergency surgery or other medical conditions. It is essential we stock up on blood in case of a community quarantine. To find a blood drive in your area visit www.redcross.org.
4. **Provide support however you can.** When the time arises, consider running an errand, doing grocery shopping, taking care of pets/animals or cooking a meal for your neighbor or friend who is a health care worker. Uncooked food such as lasagna or casseroles (prepared in a disposable tin pan) can be left on a front porch to adhere to social distancing. The health care worker can then bake the meal to sterilize. This will make a world of difference to the health care worker who returns home after a very long day.
5. **Donate Personal Protection Equipment.** Do you work in a field that might have PPE or have some at home you could spare? Items such as gloves, gowns, respirators, face shields or goggles, and masks of any kind (N100, P100, R100, N99, P99, R99, P95 and R95) are needed. Every bit will help! Go to Coviddonations@myskylinehealth.org or call 509-637-2603 to donate.
6. **Donate Money!** You can donate to the Next Door who is organizing the making of gowns, face shields and masks for the Gorge Medical Community. To donate go to <http://nextdoorinc.org/donate/>.