

## WAYS TO HELP WITH COVID-19

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### HOW TO HELP THE LOPC COMMUNITY?

We are currently identifying those in our community that need assistance with shopping for food and essential items. We also know what a difference it can make to receive a phone call just to chat during this time of social distancing. If you would like to help in either of these ways please email Lexi Morrissey at [lexi@lopc.org](mailto:lexi@lopc.org).

### HOW TO HELP THE LOPC MISSION PARTNERS AND COMMUNITY?

- **National Personal Protective Equipment (PPE) Shortage**

Please help with the national shortage of PPE affecting hospitals and Emergency Rooms. This refers to face masks, gowns, gloves, eye shields, etc. that healthcare providers wear to protect themselves and patients. We cannot stop COVID-19 without the proper PPE. Medical staff are ready to care for you and your loved ones, but they won't be able to if they get sick.

#### **DESIRED ITEMS**

Masks (N95, surgical or isolation) Gowns (Isolation and surgical) Face and Eye Shields  
Goggles (non-vented) Disinfecting Wipes Hand Sanitizer CAPR and PAPR machines  
NOTE: Items must be in their original packaging.

#### **DONATION INFO**

Walnut Creek Medical Center Main Entrance, 1601 Ygnacio Valley Rd., Walnut Creek  
Supplies donated at this location will be used for Concord and Walnut Creek medical centers and outpatient facilities. Contact [JMHDonations@johnmuirhealth.com](mailto:JMHDonations@johnmuirhealth.com) to arrange a pick-up of a large donation.

Kaiser Permanente Donations can be mailed to Kaiser Permanente, Attention: Hospital Command Center, 2130 O'Farrell St., San Francisco CA 94115. Items can also be dropped off at the loading dock at 2130 O'Farrell St., San Francisco, Mon.-Fri. from 6 a.m. to 2:30 p.m. If you are dropping off donations at the loading dock, call (415) 833-2593 and a staff member will come out to accept. Contact [buytopay@kp.org](mailto:buytopay@kp.org) to make arrangements on how to donate to the Walnut Creek location

- **Red Cross Need Blood Donations**

The American Red Cross now faces a severe blood shortage due to an unprecedented number of blood drive cancellations during the coronavirus outbreak. Healthy individuals are needed to donate now to help patients counting on lifesaving blood. Donating blood is a safe process and people should not hesitate to give or receive blood. Right now, eligible and healthy donors are strongly urged to make an appointment to

give soon. To find a donation site near you and make an appointment go to <https://www.redcrossblood.org/give.html/no-online-appointments-available>  
NOTE: But please postpone your donation for 28 days following travel to China and its special administrative regions, Hong Kong and Macau, as well as Iran, Italy and South Korea, or if you've been diagnosed with or have had contact with anyone with a suspected or confirmed case of COVID-19.

- **Monument Crisis Center**

MCC is going to provide groceries on a week-by-week Emergency Food Distribution Schedule. They will be distributing emergency groceries (1 bag per each adult) for anyone in need of emergency food for themselves and their families.

Ways to Help MCC

1. Food & monetary donations will gladly be accepted at those times or please **“text to donate” TEXT MCC to 41444.**
2. Participate in the LOPC Special Offering.

- **White Pony Needs Express needs your help!**

Food Rescue volunteers are needed on Thursday mornings from 8:30-11AM and Thursday afternoons from 2-4PM. Contact [mandy@whiteponyexpress.org](mailto:mandy@whiteponyexpress.org) or call 925-818-6361

- **Contra Costa Food Bank needs volunteers to sort food.**

For the safety they are limiting food sorting volunteer groups to a maximum of 10 people. Go to <https://volunteer.foodbankccs.org/calendar> to sign up for a shift.