

COVID-19 continues to impact the most vulnerable among us, both because of likelihood of infection and because of the persistent structures of racism and xenophobia that amplify the harm on specific communities. Jewish tradition teaches that people should not feel isolated, especially during times of illness. The Talmud (Berachot 5b) tells of a story where Rabbi Yochanon was suffering from an illness when he was visited by a colleague, who reached out his hand in support, and with that gesture, Rabbi Yochanon recovered. We learn from this that healing cannot and should not be an isolated experience.

When it is not safe to offer the comfort of physical contact, what steps can we take to support the individuals and communities around us? **This updated guide contains ways that we can continue to learn and act amidst this pandemic.**

we encourage you to ask the following questions to help guide you and your community during this time:

- **What are the immediate needs vs. the long term needs?** Which communities are most in need of healthcare, quarantine support, etc. right now? What long term help will people need?
- **What are the impacts beyond illness?** What is the effect on people who live paycheck-to-paycheck or relied on school lunches? For people living alone? For the elderly? For people with other illnesses who rely on medical assistance or treatments? For healthcare workers? For people caring for children, the elderly, and others in need of care?
- **What are my values?** What is most important? Saving lives? Improving the wellbeing of those under quarantine? Improving global health initiatives? Supporting communities who are marginalized?

LEARN

Asian-American and Black communities in the United States are facing outsized harm during the COVID-19 pandemic, with only fleeting recognition in mainstream media. **Read, watch, and listen** to the following resources to learn or refresh yourselves on the intersections of COVID-19, racism, and xenophobia.

COVID-19 and the Asian-American Community

- **READ:** [As Coronavirus Spreads, So Does Online Racism Targeting Asians](#)
- **WATCH:** [How Coronavirus Racism Infected My High School](#)
- **LISTEN:** [When Xenophobia Spreads Like a Virus](#)

COVID-19 and the Black Community

- **READ:** ['It's a racial justice issue': Black Americans Are Dying in Greater Numbers from COVID-19](#)
- **WATCH:** [Ibram X. Kendi on Research about Black Americans and COVID-19](#)
- **LISTEN:** [Why COVID-19 Hits Black America The Hardest](#)

VOLUNTEER

If you are healthy and below 60 years old:

- **Emergency food** distribution is becoming more and more essential as businesses continue to close and more and more people lose their jobs. Search for local food pantries and food banks online or through [Feeding America's database](#).
- **Blood donation** has decreased since the onset COVID-19. If you are feeling well, you can [donate blood at the nearest blood donation center](#).

Keep it Local: Search for social service agencies near you and ask them what they need. Start out with the [Network of Jewish Human Service Agencies](#), or [United Way](#).

Find ways to support quarantined individuals:

- Delivering food and other essential items
- Regularly checking in and providing emotional and moral support to those in quarantine, or high-risk populations like the elderly and those with underlying health conditions, who may experience more loneliness during isolation.

Volunteer Online with [Repair the World](#) or source opportunities from [Catchafire's](#) skill-based volunteer opportunities and [this list from Points of Light](#).

Mutual Aid is a strategy used to connect local resources to needs in the area. Search for a local mutual aid group online or on [this map](#) and add your skills and resources to the list.

GIVE TZEDAKAH (CHARITY):

Donate to organizations providing local relief. There are countless places in need of donations, from those working in areas with poor access to regular medical services, to those providing meals and other basic necessities to individuals in need. If you are able to donate money, now is the time to do so. If deciding where to give feels overwhelming check out [Amplifier's COVID19 Giving Guide](#) for a list of organizations responding to the crisis.

Donate through giving circles and discussions on shared values. Combat isolation, foster accountability, or theme your next virtual happy hour by bringing friends and family together to talk about how and where you're donating now. Pool money, explore your values, and make a gift together by [hosting a virtual giving circle](#). If you have questions or need help planning, reach out to hello@amplifiorgiving.org.

Give unrestricted funds to organizations in need. We've learned from past disasters that restricting your fund to a certain area means organizations are unable to adjust as the situation changes. Consider sustaining or recurring gifts to ensure ongoing work on healthcare and related issues.

Let others know where and how much you gave to continue the conversation, connect to people asking the same questions and supporting similar causes, and make giving easier for those around you.