

Care packages for healthcare professionals

Healthcare workers are working long, grueling hours during the COVID-19 crisis, and they're still responsible for their own families at home. They have little time or energy to meet their own needs. Your family or church can provide care package bags filled with encouraging and essential items to help support them in the chaos.

Note: *If you already have a personal relationship with someone on the hospital staff, start there, and ask what your church can do to help. Mention the care package idea as a place to start.*

Here's a list of items you could include:

Grab-and-go items

- Caffeinated and non-caffeinated drinks (tea bags, instant coffee, bottled beverages)
- Pre-packaged snacks (High-quality granola bars, nuts, trail mix, bananas, chocolate)
- Water bottles
- Sanitizer (hand wash, wipes, etc.)

- Water-soluble hydration or vitamin packets
- Gum and mints
- Multi vitamins

Practical items

- Pen lights
- Hair ties
- Bandana
- Lip balm
- Hand lotion
- Individual packs of ibuprofen and acetaminophen

- Travel toiletries (soap, toothpaste, toothbrush, deodorant)
- Masks (if available) or hand-made masks

Bonus items

- Encouraging notes
- Drawings from children
- Local coffee gift cards

Things to keep in mind...

- Check donation requirements for hospitals for guidance on accepted items and drop-off procedures. If you are not permitted to take bags to a healthcare facility, use relationships in your church to identify healthcare workers who could use a bag.
- If you are using open-top bags, close them with a twist tie or other closure to keep items from spilling.
- Use pre-packed food items as many facilities will not accept homemade food.

Other ideas...

- Distribute the list above in your community and allow people to drive-by drop off donations at your church during a designated time.
- If you have healthcare professionals in your church or neighborhood, ask if you can make and deliver or have a restaurant deliver meals to their family. Organize a calendar, and have other families sign up to give meals on different nights.
- Ask healthcare professionals in your church or neighborhood if they need assistance caring for children or other dependents during this time.