

# WHAT CAN YOU DO TO HELP WITH COVID-19?

## FIRST, IT IS OK IF THE ONLY PERSON YOU HELP IS YOURSELF!



This pandemic is unprecedented and anxiety-inducing. That stress and your work as a grad student is A LOT!

If you need assistance, reach out to UCR CAPS or local therapists, many offer virtual appointments!

## BUT WE ARE OVERALL LUCKY!

Our jobs are more secure than many! If you have the means, donating can be very helpful!

Supporting local businesses like restaurants is a win-win, you get great food and support those who need it!

## DONATING BLOOD

There is a huge blood shortage, if you are able it is a great way to help!

It is free to you, takes about 1 hour, and you get cookies and juice!

## FOOD BANKS NEED A LOT OF HELP

You can donate money or food! Find your local food bank using [feedingamerica.org](https://feedingamerica.org)



# GRADUATE STUDENTS HAVE UNIQUE SKILLS!



**INFOGRAPHICS = DIGESTABLE INFO**

We are trained to synthesize complicated information, sharing that visually is a great way to educate others!

Data visualization is a powerful skill, you can help others by sharing data literacy! **Canva** is free and has hundreds of easy to use templates.

**DATA SKILLS = INVALUABLE**



As graduate students, we are trained to synthesize data and communicate it!

One great place to volunteer is <https://crowdfightcovid19.org/volunteers> and you can sign up for as few or as many hours you like, and they need all types of scientists!

## DO YOU HAVE EXTRA PPE?

There is a PPE shortage!

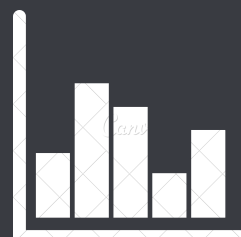
If your lab has extra PPE while research is slowed consider donating to hospitals and medical schools!



## LOTS OF DATA IS PUBLICALLY AVAILABLE

A great resource is at <https://covid19.healthdata.org>

If you see holes in information, you are uniquely trained to deal with this data!



Visit [www.ucrs2p.com](http://www.ucrs2p.com) to learn more about our program!

