

How to Help

BE SAFE – Follow the guidelines put forth by the CDC on how to protect yourself, your family, and your community.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

BE HELPFUL – If you know of any senior citizens or vulnerable individuals in our community who may need help to pick up groceries or medicine please email us at:

info@rockawaywish.org

BE INFORMED – Text **COVID** to **692-692** to get updates regarding coronavirus in NYC.

BE POSITIVE – Staying positive and taking care of yourself and loved ones is essential for getting through this hard time. Here is an article with some helpful ways to ease your coronavirus anxiety:

<https://www.nytimes.com/2020/03/18/smarter-living/coronavirus-anxiety-tips.html>

BE SUPPORTIVE – Local businesses are being hit hard, do your best to help them by ordering take-out, buying gift cards, etc. Please try to support businesses who have supported us over the years. See list of food vendors to support on the next page.

Local Food Vendors

Blarney Castle
Bungalow Bar & Restaurant
Boardwalk Bagels
Carvel 116
Cuisine by Claudette's
Curran's Superior Meats
East Meets West
Fat Cardinal Bakery
Georgina's Bakery
Happy Jack's
Harbor Light Pub
Harbor Wine & Spirits

Jameson's
Kennedy's Restaurant
Last Stop Gourmet Shop
Mara's Ice Cream
Pico
Pizza D'Amore
Plum by La Sorrentina
Stop & Shop
Thai Rock
Thank you NYC
Tiberio's