

INSPIRATION

AMIDST ISOLATION



Credit: MICHAEL BRYANT / TNS / Newscom

No One Can Thrive on an Empty Stomach

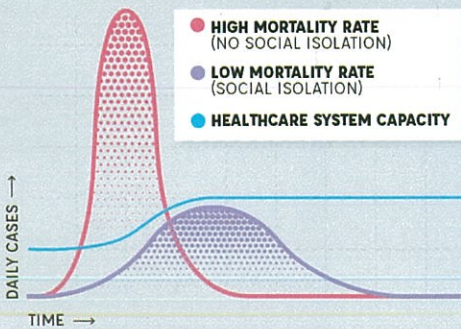
Community food banks are committed to meeting the need for emergency food, and they expect that need to increase as schools and workplaces shut down and the economy is affected by COVID-19.

Many food banks are unable to accept food donations because of the risk of infection, so the best way to help is to make a gift donation online. If you are healthy and able, ask if your local operation needs volunteers. If you are in need of a food donation, FeedingAmerica.org distributes 4.3 billion meals each year through a network of food pantries and meal programs.

FLATTEN THE CURVE

The biggest threat in this pandemic isn't necessarily the virus, but the stress on our healthcare system.

"Flattening the curve" refers to slowing the spread of the virus so that fewer people need to seek medical treatment at once, staying below the capacities of our health care system. Medical equipment and resources are finite, and once they become overwhelmed, people needing immediate treatment would tragically have to be turned away by hospitals.



WASH YOUR HANDS

Thoroughly and frequently wash your hands with soap and water for 20 seconds. Use hand sanitizer when hand washing is not available.



COVER YOUR MOUTH

Cough or sneeze into your upper sleeve or a tissue, and discard used tissues immediately.



AVOID CONTACT

Do not touch your eyes, nose or mouth with unwashed hands, as that's how the virus enters your system.



CLEAN SURFACES

Disinfect frequently touched objects and surfaces using an EPA-registered household disinfectant.



Source: Claudio Furlan / ZUMA Press / Newscom

Makers Gonna Make, Make, Make, Make, Make

When hospitals run out of valves for crucial respiratory machines, their supplier can't ship replacements fast enough to keep patients alive. So local manufacturers step in to provide 3D print replicas. Without the actual specifications of the parts, the valves have to be reverse-engineered. 3D printers are brought on-site to hospitals to produce more life-saving devices and alleviate shortages. These quickly-printed emergency valves are never meant to replace the intricate, precise factory originals. Desperate times call for desperate measures, and until the supply can meet the demand, hospitals are having to improvise creative solutions to provide emergency life-saving care.



Source: American Airlines

Planes Go Cargo

American Airlines has cut thousands of passenger flights in the face of the coronavirus. Now they are finding a purpose for some of their idle planes: flying their first cargo-only flights since 1984, when the airline retired their Boeing 747 freighters. With more than 200,000 commercial flights canceled, other airlines are stripping out passenger seats and turning their largest planes into cargo freighters as well.