



# HOW CAN YOU HELP?

The Navajo Nation is being hit hard by COVID-19. There are many ways that you can help. Everyone has a role they can play! Make or donate the items below. Use your connections to acquire the items below! Cold call businesses to ask for donations (this is where all of the sanitizer I have acquired so far from local distilleries has come from!). Share this request with your friends and family and tell them to share it. Every action is a step towards getting these much needed supplies to the Navajo and Hopi healthcare workers and community members. Help us get the items and we will fly them to where they need to be!

## Personal Protective Equipment for Frontline Healthcare Workers

- Latex Free/Nitrile exam gloves (especially sizes Small and Medium) \*can be found at Costco, medical supply stores, hair salons, tattoo parlors, schools, Lasik centers
- N95 or KN95 masks \*think of airbag manufacturers, autobody shops, etc.
- Faceshields
- PPE grade gowns or fabric that can be used to make PPE Fabrication for a level 2 AAMI gown: Maxima, Maxima ESD, Burlington C3, Integrity 1800, Integrity 2000
- Sanitizer—Alcohol content of 80%. This is 20% Higher than that of regular store bought sanitizer which is 60%. This Higher Alcohol Content as approved by the FDA means that it has a better capability to dissolve viruses.

## Community Member Needs

- Water: gallons or 5 gallon units are most ideal, individual water bottles are ok \*can be for drinking or also for non-drinking water for hand washing stations
- Nonperishable food and household items to fulfill "Family Care Boxes" to be distributed to members in the community \*see [www.facebook.com/WithLovefromStrangers](https://www.facebook.com/WithLovefromStrangers) post on "Family Care Box" for instructions
- Homemade face masks
- Collect empty laundry detergent jugs with the spigot top to be distributed as makeshift handwashing stations \*see [www.facebook.com/WithLovefromStrangers](https://www.facebook.com/WithLovefromStrangers) post on "Laundry Detergent Handwashing Station" for instructions

## Make a charitable contribution

to help us purchase supplies. <https://tinyurl.com/withlovefromstrangersdonation>

## Donation Pick Up / Drop Off

Contact us if you have donations or supplies to be picked up. Call 435-590-8520 or send us an email at [osborn@suu.edu](mailto:osborn@suu.edu) to arrange for a pick up by our volunteers.

You are also welcome to drop off donations. The current drop off location is:

**SUU Motor Pool**  
**1175 West 200 South**  
**Cedar City, UT**

There will be a designated van in the Motor Pool parking lot where things can be deposited M-F from 8:00 a.m. to 3:30 p.m. You can deposit the items in the van yourself or walk into the Motor Pool building and ask an employee to assist you. They know donations are being made there so they are willing to help in any way they can.

*With Love,  
from Strangers*