



# Wellness Info & Items

streetcare.us



1

## Personal Hygiene

Soaps should be fragrance-free, since sensitivities and allergies are very common. Make sure any hand sanitizers do not contain alcohol. Toothpaste and toothbrushes also make practical and useful donation items.



2

## Water

Finding potable water can be difficult for individuals experiencing homelessness. Bottled water is widely sold, affordable, and portable, making it a great donation item..



3

## Socks/Clothing

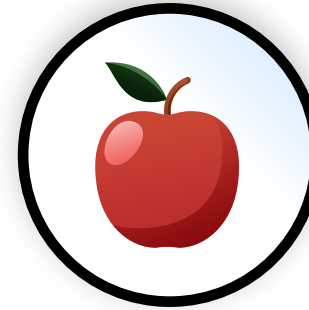
These garments are daily essentials through all seasons, and yet we often take them for granted. Socks are especially crucial. They are affordable, easy to find, and overall great items to include.



4

## First Aid

Infection prevention and first aid care are essential, especially for people impacted by homelessness. Donate sealed, clean items like bandages, wipes, ointments, and nail care kits to protect those in need. Avoid paking alcohol-based products.



5

## Healthy Snacks

Nonperishable and nutritious snacks such as nuts, dried fruit, applesauce, pretzels, and breakfast bars, are best. Foods with high protein are important. Fruit is good. Try to include some items that are easy to chew for individuals



6

## Feminine Hygiene

Tampons and pads are necessities, and yet something that many experiencing homelessness struggle to obtain every month. Consider different needs such as heavy, moderate, and light flow..



### Helping Stop Covid-19: Symptom Checker

Flu-like symptoms including fever, coughs, shortness of breath, fatigue, muscle aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea, could be signs of COVID-19. **Visit a walk-in testing facility or call 911 in emergencies.**

### Helping Stop Covid-19: Symptom Checker

Flu-like symptoms including fever, coughs, shortness of breath, fatigue, muscle aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea, could be signs of COVID-19. **Visit a walk-in testing facility or call 911 in emergencies.**

### Helping Stop Covid-19: Symptom Checker

Flu-like symptoms including fever, coughs, shortness of breath, fatigue, muscle aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea, could be signs of COVID-19. **Visit a walk-in testing facility or call 911 in emergencies.**

### Wellness Tip: De-Stress & Energize

- Flex & release hands to de-stress & energize
- Shake out tension thru hands & upper body
- Breathe slowly to calm things

### Wellness Tip: De-Stress & Energize

- Flex & release hands to de-stress & energize
- Shake out tension thru hands & upper body
- Breathe slowly to calm things

### Wellness Tip: De-Stress & Energize

- Flex & release hands to de-stress & energize
- Shake out tension thru hands & upper body
- Breathe slowly to calm things



streetcare.us



streetcare.us



streetcare.us



streetcare.us



streetcare.us



streetcare.us