

HOW CAN YOU HELP?

First, THANK YOU for wanting to help us as we innovate and adapt to meet the current and ever-changing healthcare needs with the COVID-19 crisis.

We are extraordinarily proud of our physicians, nurses, and extended staff who have stepped up to meet the demands of this crisis. They are showing up at work every day and night to make sure our patients receive the care they need and deserve.

So what can you do to help?

While we appreciate offers of donated food and beverage, we unfortunately cannot accept them at this time, to ensure the health and protection of our providers and staff.

Most importantly – please STAY HOME as much as possible, except for work, groceries, doctor’s appointments and other critical errands. By avoiding contact with other people, and slowing the spread of COVID-19, you are helping to protect the community and our healthcare providers.

Second, Exeter Hospital and its affiliates – Core Physicians and Rockingham VNA & Hospice - currently have enough personal protective equipment (PPE) to care for our patients. However, if there is a large influx of COVID-19 patients as projected, we want to be sure that we have an adequate supply on hand. We would appreciate your help in acquiring additional **droplet masks, full facial shields, N95 masks, hand sanitizer and disposable gloves**. If you don’t have any at home, you can also contact people you know who work at organizations that may have some they can spare or are not using in the current situation. If you have PPE to donate, [click here](#) for a list of drop off sites.

As you can imagine, this coronavirus crisis has created a need for financial support as we do everything possible to prepare to meet the increased and specialized medical needs of the community. If you can help us in this manner, please visit <https://unitedinwellness.org/Giving/Donate-Now> to make an online gift or mail your check to our Office of Advancement, 5 Alumni Drive, Exeter, NH 03833. Please make checks payable to the specific affiliate you wish to support (Exeter Hospital, Core Physicians, or Rockingham Visiting Nurse Association & Hospice).

Finally, we are accepting hand sewn masks to put into our supply reserves in the event that standard PPE is no longer available. Please note, once these have been donated, they cannot be returned. If you would like directions on how to make these masks, [click here](#).

We continue to be touched by the outpouring of support for our hardworking healthcare providers who are on the front lines in this crisis. We are profoundly grateful for any way that you are able to help us, and we promise to continue to work hard to provide the very best care for our community. Together, we are UNITED IN WELLNESS.

Thank you.

How to make a Face Mask

What you will need

- Cotton fabric, a pretty print is best.
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)

You can make two sizes: Adult or Child

1. Put right sides of cotton fabric together
 - o Cut 9x6 (Adult) or 7.5 x 5 (Child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction
8. Sew around the edge of the mask twice.

It is so easy to make this.

Be sure any fabric design is placed horizontally.

Click on link to video on how to make mask.