

## How You Can Help in Tyngsborough

The Town receives requests daily from individuals seeking to help others in this difficult time. We have put together the following list of suggestions of how you can help:

Title	Description	Contact/Location
Stay at home, per <a href="#">Governor's recommendation</a>	Practice social distancing; go out only as needed for food/medicine; use good hygiene.	Learn more <a href="#">here</a> .
Purchase gift cards/ certificates from restaurants and local businesses	Local businesses have been hit hard. Support them by purchasing gift cards/ certificates for later use.	The Town has prepared <a href="#">this list</a> of hospitality businesses in Town. If you see one missing, <a href="#">please let us know</a> .
Donate money to the school's Adopt-a-Family program	This program provides meal assistance to children and families in Tyngsborough.	Mail a check to "Tyngsborough Public Schools" (50 Norris Rd) with "Adopt-a-Family" in the memo.
Donate gloves, masks, face shields, gowns or other unused PPE	If you have significant quantities, please reach out to the Fire Department, who can coordinate a good home for it.	Call the Fire Department at (978) 649-7671 to describe what material you have.
Donate to the Town's elderly/disabled tax fund	Every dollar goes toward reducing the tax burden for Tyngsborough's elderly and disabled population.	Visit <a href="#">this site</a> and click "Contribution Elderly/ Disabled Taxation Fund"
Donate to Meals on Wheels	During this time, MOW is still operating out of the Senior Center, and is busy providing meals daily for Tyngsborough Seniors.	Visit <a href="https://www.mealsonwheelsamerica.org/">https://www.mealsonwheelsamerica.org/</a> and click to support the COVID-19 fund.
Give blood	You are advised to make an appointment instead of showing up at a blood drive.	<a href="https://www.redcrossblood.org/">https://www.redcrossblood.org/</a>
Donate to a food bank	The best way to help is a monetary donation to protect against contamination of food items. The Merrimack Valley Food Bank is based in Lowell and supports our area.	<a href="https://mvfb.org/">https://mvfb.org/</a>

Remember to check the following reputable website for information:

- [Massachusetts Department of Public Health COVID-19 Site](#)
- [CDC COVID-19 Site](#)