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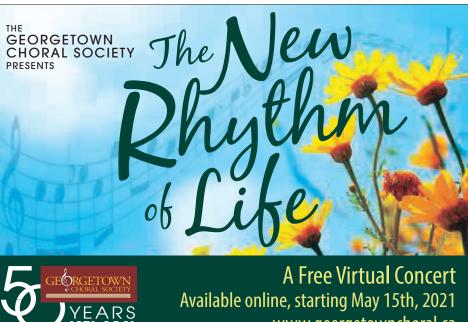
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THANK Y U healthcare heroes Simple ways to thank local nurses THANK Y U healthcare heroes or feession can feel safe · Give nurses and their cooking. Long shifts in taken a toll on nurses ar or profession can feel safe · Give nurses and their cooking. Long shifts in taken a toll on nurses ar or profession can feel safe · Give nurses and their cooking. Long shifts in taken a toll on nurses ar or profession can feel safe · Give nurses and their cooking. Long shifts in taken a toll on nurses ar or profession can feel safe · Give nurses and their cooking. Long shifts in taken a toll on nurses ar

Nurses have long been unsung heroes of the medical community. But that tide began to turn in 2020 as the world confronted the COVID-19 pandemic and realized just how invaluable nurses are to public health.

According to the American Nurses Association, nearly 400 nurses in the United States died as a result of COVID-19 within eight months of a pandemic being declared in America. Globally, data from the International Council of Nurses indicated that roughly 1,500 nurses lost their lives to COVID-19 by the end of October 2020.

That data is sobering and serves as a reminder that nurses put their lives on the line each day they go to work. Such sacrifices are worthy of widespread support, and there are many ways citizens can thank nurses working in their communities.

 \cdot Support efforts to protect nurses. The public can do its part by urging local lawmakers to support legislation that increases domestic production of PPE so the brave men and women in the nursing

profession can feel safe when doing their jobs. • Give nurses and their families a night off from cooking. Long shifts in stressful situations have taken a toll on nurses and their families. Neighbours can pitch in by offering to cook and deliver meals or pay for takeout for nurses and their families. This simple gesture can provide a much-needed break for nurses and their spouses who have been stretched thin during the pandemic, and it's a great way to remind nurses their heroic efforts are not going unnoticed.

National

<u>Nursing</u> Week

May 10-16, 202

• Help out with chores. Before going to the grocery store, text or call a friend or neighbour in the nursing field to see if he or she needs anything from the store. If nurses shop online for their groceries, arrange to pick them up so nurses can spend more time relaxing at home with their families. During warm weather seasons, offer to mow the lawn or help with leaf pickup.

· Offer discounts to nurses in your community. Local business owners can do their part by offering discounts to nurses and other health care professionals in their communities.

There are various and often simple ways to show nurses just how much their sacrifices are appreciated. (MCC)



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