DURING A PANDEMIC

WE'RE ALL IN THIS TOGETHER

TAKE A DEEP BREATH AND GIVE THANKS FOR THE NEW DAY
REMEMBER WE ARE PART OF A LARGE, DIVERSE, GLOBAL COMMUNITY
FIND SAFE WAYS TO CHECK ON NEIGHBORS - SING WITH THEM
PRACTICE PHYSICAL DISTANCING
WASH YOUR HANDS • LIMIT TOUCHING YOUR FACE
GO OUTSIDE AND GET MOVING • USE GLOVES TO PICK UP TRASH
WEAR A MASK TO PROTECT OTHERS • GREET FOLKS AS YOU PASS
READ ALOUD TO EACH OTHER AND CHILDREN
TAKE A BREAK FROM THE NEWS
USE TECHNOLOGY TO NOURISH SOCIAL CONNECTIONS
REACH OUT TO OLD FRIENDS • MAKE AMENDS
ORGANIZE FOR LOCAL ELECTIONS, UNIONS AND GRASSROOTS POWER
IMAGINE A SHARED FUTURE FOR PEOPLE, PLANTS AND ANIMALS
REMEMBER TO GRIEVE • MAKE ROOM FOR A NEW NORMAL
PROTECT/ASSIST VULNERABLE PEOPLE • OFFER HELP IF YOU CAN
SHARE TOILET PAPER • ASK FOR SUPPORT WHEN YOU NEED IT
CHERISH AND MAINTAIN REDUCED POLLUTION
SUPPORT LOCAL FARMS AND FOOD PANTRIES
EAT HEALTHY FOOD • BUY FROM LOCAL BUSINESSES
TAP INTO YOUR CREATIVITY - TRY SOMETHING NEW
SEND LETTERS, POSTCARDS AND PACKAGES
MAKE AND SHARE MUSIC • DANCE LIKE THE WORLD IS WATCHING
THANK AND SUPPORT ESSENTIAL WORKERS - HEALTHCARE, SANITATION, POSTAL, FOOD AND MANY OTHERS

KNOW THAT NO ONE IS SILENT,
THOUGH MANY ARE NOT HEARD
WORK TO CHANGE THIS