

CONFRONTING COVID-19 TOGETHER

COVID-19 is an extraordinary and urgent health crisis that will affect virtually every part of the world.

Now more than ever we are reminded that **we are one human family**. And that requires us to do our part to keep ourselves and others safe.

There are simple things each of us can do to help slow the spread of the virus, and to protect our loved ones and our neighbors—especially those who are most vulnerable like the elderly and people with underlying medical challenges.

What we do, individually and collectively, really does matter.

Here are some basic actions you can take to be a part of the solution (please check the most up-to-date recommendations by following the links at the end of this document):

1

WASH YOUR HANDS + CLEAN SURFACES

- frequently **wash your hands with soap and water for at least 20 seconds**, especially after being in a public place, blowing your nose, coughing, or sneezing, or touching frequently used objects or surfaces.
- **use hand sanitizer** containing at least 60% alcohol in the absence of soap and water.
- **avoid touching your face** with unwashed hands.
- **disinfect frequently-touched objects and surfaces**—such as phones, doorknobs, toilets, light switches, tablets, keyboards and faucets—every day.
- avoid greeting with **handshakes and hugs**.

2

STAY HOME IF...

- your national or local **government requires you to do so**.
- you or anyone in your household **feels sick**.
- you are an **older person**, have a **compromised immune system**, or have any **underlying health condition** that puts you at greater risk.

COMMUNITY TIP

Host a Skype breakfast or dinner.

3

STAY CONNECTED

- physical distance from friends, family and community is hard. Technology can keep us connected and **help us feel less isolated**.
- check in with family, friends and neighbors who are **older or at greater risk**.
- join **social media and other online groups** of people who live in your community, share your interests, or offer resources you need such as at-home activities for children or support for those caring for parents.

COMMUNITY TIP

Visit globaldignity.org/teaching for free learning experiences that explore our shared humanity, many of which can be used virtually.

4

DO WHAT YOU CAN (BUT BE SAFE)

- ingenuity and generosity abound during difficult times. **Every act of kindness, no matter how small, matters**.
- **share inspirational stories** on social media, whether related to COVID-19 or not. We all need moments of positivity right now.

COMMUNITY TIP

If you can do so safely, shop for neighbors who cannot leave their home.

FOR MORE INFORMATION ON COVID-19 AND HOW TO PROTECT YOURSELF AND OTHERS, VISIT:

World Health Organization

Centers for Disease Control and Prevention

Map of global COVID-19 cases from the Center for Systems Science and Engineering at Johns Hopkins University