There are hundreds of ways you can help to end the pandemic.

Protect
- Avoid crowds
- Maintain distance
- Sanitize
- Shield
- Physical Distance

Act
- Advocate
- Give
- Skill
- Advocate
- Contact political reps
- Drive systems reform
- Donate resources
- Donate time
- Volunteer for a study
- Advocate
- Give
- Physical Distance
- Sanitize
- Shield
- Mind
- Body
- Upkeep

Nurture
- Connect
- #Covid Boundaries
- #Covid Discourse

Influence
- Be a leader
- Communicate
- Communicate
- Mind
- Body
- Upkeep

Engage
- Community
- Get Involved
- Support
- Lead
- Encourage
- Character
- Encourage
- Lead

Support
- Community
- Get Involved
- Support
- Lead
- Encourage
- Character
- Encourage
- Lead

What are YOU doing?

The world needs leaders right now. Be a leader. Influence & inspire.