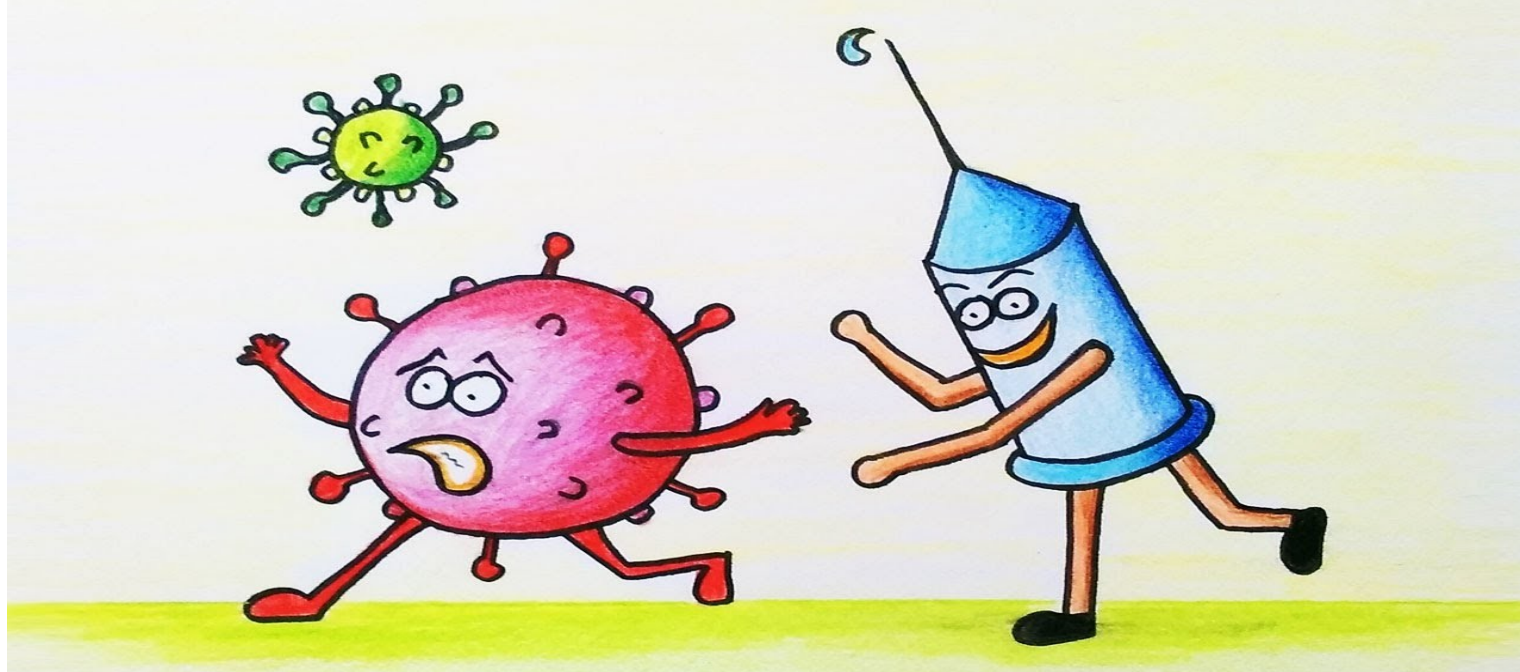# How can we help each other during the COVID-19 pandemic?

A short list of stuff you can do to help others:

- **Reach out to people in self isolation**: Call them! Don't forget about them! Make sure they feel less alone and have social support! Offer them help!

- **Volunteer your time**: Know someone in self isolation or who needs to limit their public interactions? Offer to pick up and deliver their shopping, treats or other things they might need, while taking precautions to keep yourself safe.

- **Combat misinformation online**: Unfortunately, if not unexpected, misinformation on COVID-19 is floating around online. If you see it, report to your platform and let anyone posting/sharing it know. Get your information from trusted sources like the World Health Organization, or your doctor/hospital.

Also…

- Stay home: Although you might feel as though you're sitting around doing nothing, staying home is the best thing you can do right now. Not only will it keep you safer, but it'll also protect those in your community (including healthcare workers)

- Share positive news and acts of kindness with your community: There are so many examples out there of people helping one another. Share those examples!Talk about them! Together we can prevent getting caught in a bad news hopelessness spiral. Spread the word about how you're making a difference!

Last, but not least:

- Stop buying up all the toilet paper: Prepare for what your household will need if quarantined, but don't take all the toilet paper you see in the store! Other people need it too! And remember, wash your hands, wash your hands, wash your hands. It protects you and everyone arou͟nd 318 seconds.

Thank you for your attention!