

Keeping Your Community Healthy During COVID-19

With the hope of a vaccine on the horizon, it is important to keep in mind that the global pandemic is still prevalent. It will take time for these vaccines to reach the general population, and the first recipients will be front-line medical workers and at-risk populations. Although the introduction of a vaccine is great news, we must stay vigilant in our efforts to end COVID-19 and that's where social responsibility comes in. Social responsibility is the obligation of everyone in a community to make decisions that benefit society at large. It is important to remember that your actions can protect you, the ones you love and the community.

Here are five key ways to be socially responsible while we continue to fight the COVID-19 pandemic:

1. **Stay home, if possible** – remaining at home to keep yourself and others safe is important, but can also cause severe loneliness. Remember that physical distance does not have to mean complete isolation. Keep in touch with loved ones through phone or video calls, spend time searching for meaningful gifts or messages you can send them, or even get together and enjoy a physically distanced outdoor meal.
2. **Practice good hygiene** – remember to wash your hands with soap and water for at least 20 seconds to keep germs at bay. Make sure to do this before you eat, after using the restroom, and after blowing your nose, sneezing, or coughing. If you cannot wash with soap and water, hand sanitizer is a good alternative. Avoid touching your face, and regularly clean and disinfect high-touch areas.
3. **Wear a mask** – masks help slow the spread of coronavirus

and protect both the person wearing the mask and those around you. Find a comfortable, fun mask that suits you!

4. **Perform acts of kindness** – support those who are most vulnerable in your community. There are many acts of kindness you can do during this time – run errands for an elderly neighbor, send handwritten cards to a nursing home, donate food to your local food bank. Helping others will put a smile on your face, too!
5. **Show gratitude** – many front-line workers have been working diligently since the pandemic began. Be grateful for those who serve our community, such as healthcare workers, childcare professionals, teachers, and other essential workers. You can even make a difference by offering to help provide childcare for essential workers, or making homemade masks or meals to give out.

We have come a long way in this pandemic and need to work together to bring it to an end. Do your part to stay healthy and be socially responsible.