

HOLDING EACH OTHER UP WITH KINDNESS DURING COVID-19

ANY ONE OF US COULD CATCH COVID-19

Dealing with the threat of COVID-19 and trying to avoid catching the virus has been very stressful. Many people are worried that they will be criticized or blamed if they become ill.

It's important to remember that even with the best precautions, it is still possible to contract COVID-19. We all deserve to feel safe, supported, and loved at this time, particularly if we're unwell.



LET'S PERFORM ACTS OF LATERAL KINDNESS

Every one of us can practice lateral kindness to support each other, ease another person's fears, and help create healthy relationships during the pandemic. Here are some ideas for practicing kindness:

CHECK IN ON YOUR LOVED ONES

Phone, text, or video call friends, family, neighbours, and co-workers and ask how they're doing.



DROP-OFF A CARE PACKAGE

Leave a surprise gift of baked bannock, fish, or moose meat on a friend's doorstep.



THANK AN ESSENTIAL WORKER

Express your gratitude to those that are working under difficult conditions to help keep us safe and well.



OFFER TO HELP OUT

If you know someone is self-isolating, ask if you can run errands or chop firewood for them.



This is a time for kindness and understanding. Let's take care of each other.

For mental health support, call the 24 hour KUU-US Crisis Line on 1-800-588-8717 (toll-free).



Tahltan • Kaska • Tlingit

Infographic prepared by CCEM Strategies Ltd.