Teaspoons of Change
For COVID-19

Only be in physical contact with the same people for the next few weeks at least...

Maintain your distance & social connections via online, phone, WhatsApp, etc...

Make quick shopping trips, getting what you need for a few days (not buying the shop 😋)

While shopping stay > 1.5m from others

Wash your hands after being out or touching anything communal

Avoid touching your eyes, nose, and mouth with unwashed hands

Go for a walk & exercise (if you can)

Get good info & updates like CDC & WHO

Act like you have it & live responsibly 😊

Your small choices, decisions & actions matter!

Find out more: teaspoonsofchange.org