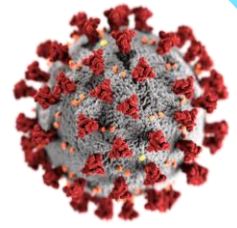


# Teaspoons of Change For COVID-19



**THE GLOBAL GOALS**  
For Sustainable Development

- 🌍 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](https://teaspoonsofchange.org)