

# Staying together to make things better

## 10 actions you can take to help your community



### STAY HOME, STAY HEALTHY

Stay safe. Follow all public health mandates and recommendations from the Center for Disease Control and Oregon Health Authority.



### CONNECT 5

Reach out to 5 neighbors or friends. Determine how you'll stay informed and connected.



### DINE ONLINE

Invite people to gather over a virtual meal. Order food for delivery or cook at home.



### GOOD NEIGHBORS

Designate neighborhood leads to run errands for those who can't.



### YOUTH TECH SUPPORT

Engage with youth and young adults. Tap into their knowledge of technology.



### CREATE NETWORKS

Connect neighborhood leads and find ways to create helpful networks.



### SHARE RESOURCES

Share access to food, transportation, internet, childcare or other essentials.



### GATHER VIRTUALLY

Social media, live streams and more. Share a song, a talent and ideas.



### VOLUNTEER

Find safe ways to volunteer in your community.



### SUPPORT THE HEROES

Thank the frontline responders that are working nonstop.