Staying together to make things better
10 actions you can take to help your community

**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.

**STAY HOME, STAY HEALTHY**
Stay safe. Follow all public health mandates and recommendations from the Center for Disease Control and Oregon Health Authority.