

Today's Message:

Listen to Krista.



Social distancing isn't the end of socializing.

Let's stay healthy and connected while practicing **Physical Distancing and Social Solidarity.**

- Continue to take precautions like washing your hands frequently with soap and water and covering your mouth and nose when you cough or sneeze.
- Go for a walk outdoors, staying at least 2 metres or 6 feet away from other people.
- Avoid places in the community where crowds may gather. Stay home and connect online or over the phone instead.

We all need to change our lifestyles for a while.

Together, we can slow down the spread of the Coronavirus.



Casey Maltman, Artist

Thanks to everyone who is keeping vulnerable citizens safe at this time.

SFU Public Square ONE VOICE Music Project

<https://shar.es/aHs6cT>



Care to shop online?

Buy a Dr. Bonnie Henry t-shirt!

Did you know that BC's Chief Medical Officer, Dr. Bonnie Henry has a fan club? You can help provide food security to your fellow citizens with the purchase of a t-shirt. All proceeds will go to the Greater Vancouver Foodbank!

[Learn more here](#)



More ideas

Looking for a list of ideas for things to do at home with kids or adults of all ages? Listen to Christopher Walken read, "[Where the Wild Things Are](#)"; go on a virtual [Museum Tour](#); or dance in your living room like no one is watching to the Jonas Brothers! We are after all, [Only Human](#).