



# BRIEFING NOTE

## COVID-19 media briefing notes - Karen Redman April 17, 2020

As we progress through these challenging times, we continue to send our thoughts to those who have lost a loved one or who are currently battling the virus.

### **Orthodox Easter this Sunday**

We would like to wish those celebrating Orthodox Easter this weekend a joyous occasion, but remind you to practice physical distancing and reach out to family and friends virtually rather than in-person.

### **Acts of kindness**

I know life these days can feel colourless without interaction from our family, friends and colleagues.

But ironically, right now, the best way to show someone you care about them is to practice physical distancing.

As we try adjust to our new routines, it's quite normal to feel anxious, frustrated or even sad.

But let's not confuse physical distancing with social isolation.

In the midst of COVID-19, I'm seeing a surge of kindness in our community.

From signs of encouragement displayed in windows to colourful chalk drawings on the sidewalk, to care packages being dropped off on door steps.

Some small acts of kindness you can do to make a huge difference are:

- checking in on older relatives or vulnerable neighbours over the phone or video, to make sure they have everything they need and



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that they are O.K.

- connecting with friends and neighbours virtually or over the phone to see how they are and if they need support
- dropping essential supplies on doorsteps, like food or medications, to those who can't leave their homes.
- Or just a simple smile and wave hello.
- Saying thank you over the phone or social media to those who are serving the community in this time of need

These are all simple acts of kindness that go a long way in a time when many of us are searching for optimism.

Acts of kindness benefit both the giver and receiver and help us all get through these tough times together.

It is important to remember that everyone is experiencing stress, so let kindness be your guide with everyone you encounter.