Things to do during the “Slow the Spread” Period

1. Pray for President Trump
2. Have your child email a card to his or her teacher while school is out.
3. Offer to pick up supplies for a neighbor who is shut in because of the quarantine.
4. Order restaurant or grocery food for a friend.
5. Do a video chat with an elderly friend or family member.
6. Call a friend or neighbor whose business is going through a rough period. Encourage him or her.
7. Take the extra time to read more to your child.
8. Start a new family tradition — family reading hour together, for example.
9. Thank your postman for his work. Leave a card for him.
10. Find one way each day to show your neighbor that Americans have been identified as the most charitable people in the world — for good reason.