



#BEKIND21



BROUGHT TO YOU BY:

#MaskPledge

- 1 Wear a mask even if you feel fine to be kind and protect others.
- 2 Call a friend or family member to see how they are coping with COVID-19.
- 3 Swap your main social media photo with one of you wearing a mask.
- 4 Register to vote/verify your registration and support empathetic candidates.
- 5 Take Lady Gaga's [#KindlyMask](#) challenge and pass it on to others.
- 6 Online learning is difficult. Offer to help a younger person with homework.
- 7 Request an absentee ballot if needed and help others do the same.
- 8 Share a smile. We can still see your eyes smile when you wear a mask!
- 9 Thank an essential worker for helping us through this crisis.
- 10 Learn about what your national and local political representatives support.
- 11 Retweet/share 3 social media posts that encourage mask wearing.
- 12 Remember to tip frontline workers and pay electronically to avoid contact.
- 13 Make or buy masks for those in need.
- 14 Donate to a restaurant or food bank to help people in your community.
- 15 Ask how you can safely help someone who is more vulnerable to COVID-19.
- 16 Compliment someone on their mask design!
- 17 Be kind to strangers. Wear a mask to reduce their fear of infection.
- 18 Attend an upcoming virtual town meeting and advocate for mask wearing.
- 19 Don't take a risk! Avoid large groups and people without masks.
- 20 We're all human in a tough situation. Take a day to re-center yourself.
- 21 Tomorrow is national voter registration day. Help people register to vote.
(<https://nationalvoterregistrationday.org/about/>).