

Community Response Guide During COVID-19



Labour activists can make a difference in stressful times. We all are leaders in our workplaces and communities. We encourage you to reach out, following public health guidelines, to see how you can be contributing to the community effort to support vulnerable individuals. Here are some ideas:

- Join your local Facebook COVID-19 volunteer group. Many individuals are able to provide support through things like picking up groceries, prescriptions, and providing resources. Each of your communities will most likely have a page like this setup already. To find the group, try a search for “Caremonger” on social media. The term Caremongering is being used as the antithesis in name and spirit to fearmongering. Caremongers are [coming together to form networks](#) to support their communities, including people who are stuck at home, financially precarious or otherwise in distress. Groups have sprung up across the country, many organizing through social media platforms. They vary in form and size, from a handful of members to thousands. Some distribute food and supplies while others coordinate and run errands for those unable to do them while others serve as a platform to organize volunteers.
- If your area does not have a Caremonger group, consider starting your own with your CNC network.
- Contact your local United Way, Foodbank, or other local charity and see how you can help (some organizations are canceling their volunteer programs, but are in need of financial or other types of donations)
- Share information with your network or organize a drive for food or health supplies
- Host a group call update with your network on any news in your area. There are multiple platforms to host calls at low or no cost to you and other participants such as: facebook, zoom, skype, and slack
- Host a virtual letter-writing party to your local politicians requesting more aid and support for public services
- Call the parents you know who are figuring out this new normal - offer to give their kids a lesson or read a story remotely

- Share kindness in the form of donated gift certificates or positive signs with workers who are still on the front lines providing vital services in your community: postal workers, garbage workers, cashiers for example. [Here is a poster](#) you can print out and decorate to hang up for your postal worker.
- Reach out to your local CUPE District Council or Labour Council to see how they are supporting the community and workers in the community.
- **Your voice is powerful—use it to advocate for the individuals and organizations that need our help.**

