



Coronavirus pandemic: caring for each other

For many of us, being in isolation can be really difficult. Here are some ways we can all support each other and still be people who care:

- Phone a friend
- Help a neighbour
- Pray
- Send a subscription
- Support small businesses
- Make music!
- Donate essentials
- Share contact details

Want to find out more about how to do these things?

Visit sar.my/covid19