

SOCIAL IMPACT CHALLENGE

week 2: public health

Public health is about promoting the health of people and communities. During the COVID-19 pandemic, every single person plays an important role in promoting public health by practicing behaviors and advocating for policies that prevent the spread of the virus. At the minimum, everyone should be practicing the basic COVID-19 guidelines set by the World Health Organization. This week's **Social Impact Challenge** is intended to encourage you to go beyond the public health basics and perhaps try something you've never done before.

A



Call a close friend or family member who is particularly vulnerable or isolated at this time. Give this person a shout-out in your virtual team session.



B



Try out meditation or yoga! Have someone take a picture or video while in action and send it to your teammates.



C



Make your own mask! Take a picture with the mask on and share with your teammates.

