

SHARE:

[Join Our Email List](#)

March 2020



This month, we're departing from our focus on climate optimism to take a soul-feeding dive into ways the coronavirus crisis has inspired people to show up as everyday heroes. In a world that has become increasingly polarized, perhaps the most comforting message is that we are all in this together.

*Did someone forward you this newsletter? [Subscribe here.](#)*

[View as Webpage](#)

## #HeroesWearScrubs

Health care workers are on the front lines, providing care while putting themselves at risk.



Photo: Brigham and Women's Hospital

Retired workers and medical students are also [stepping up](#). In New York City, over [1000 retired health care workers](#) volunteered in 24 hours.

To bolster the workforce, #FirstRespondersFirst is a new Harvard Chan School initiative with ThriveGlobal and the CAA Foundation to provide [physical and psychological resources](#) to health care workers.

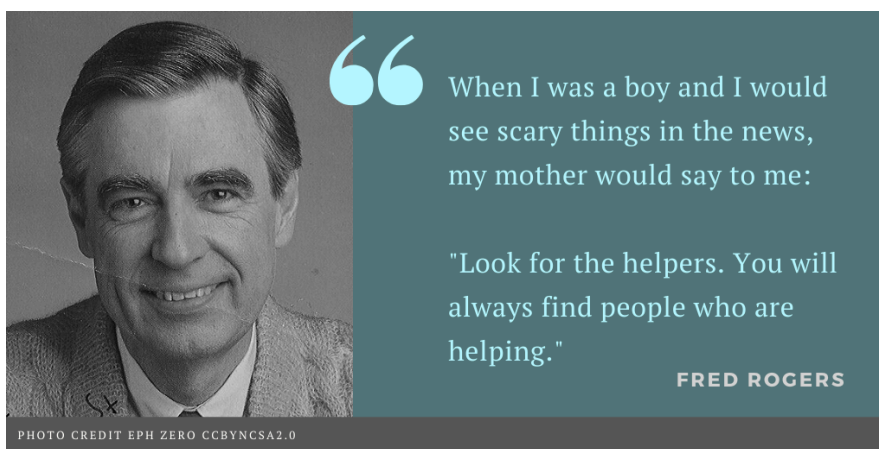
# Thank You

We're grateful for the essential workers who keep us going.



To the home care workers, police, firefighters, grocery store clerks, pharmacists, postal workers, nursing home staff and everyone else pitching in: Thank you.

## What Would Mr. Rogers Do?



We've seen organized efforts spring up for [caremongering](#) , [kindness committees](#) , and [mutual aid networks](#) . We've seen people [replace books with food](#) in their little free libraries. And we've seen a priest livestream a mass while activating the [video filters by mistake](#) .

**Folks with maker skills are stepping up (and invite you to join them):**

- [Glassblowers](#) are creating splitters so one ventilator can help four people
- [People who sew](#) are stitching face masks
- [Owners of 3D printers](#) are making face shields

**And if you're looking for ways to help in your community, you can:**



- Volunteer at your local school to help with food distribution
- Tutor kids or read a story remotely
- Donate to a local food bank
- Run errands for your elderly or immunocompromised neighbors
- Order take-out for your local hospital staff or first responders
- Give gift cards from local businesses to essential workers or people out of work
- Continue to pay your hairstylist, nail salon, landscaper, or housekeeper
- Order takeout or delivery, and tip as much as you can

(We adapted these from [a great list on Instagram](#). #ThanksMichelleObama!)

## Organizations Step Up

This is what all-hands-on-deck looks like.



### Journalists reporting solutions

In an age of big problems, we're grateful for the journalists keeping us informed. The Solutions Journalism Network is a hub for stories on what has worked to slow the spread of the virus and protect the economy, education, and workers' rights.

[Find over 75 solutions-based stories](#) on COVID-19 and counting, [check out resources for reporting](#) on COVID-19, and [visit the COVID-19 Story Exchange](#) to find or share stories outlets can publish right now, under a creative commons license.



### Businesses switching to medical supplies

A pandemic disrupts business as usual, and business owners are responding by repurposing their products to address shortages in medical equipment:

- Local distilleries make their own [hand sanitizer](#)
- California companies jump in to [supply ventilators](#)
- Wisconsin companies make [respirator masks](#)



### Scientists organizing volunteers

A Harvard neurologist is creating a national database of scientists ready to help in the fight against COVID-19 in their local communities. Health officials, universities, and hospitals can use the database to assist in recruitment efforts as they scale up testing capacities. [Check the FAQ](#) and [add your name](#) to the volunteer form.

## Harvard C-CHANGE Responds

Our leadership is part of the countless hospital workers around the globe on the front lines of the COVID-19 Pandemic.

### COVID-19 and Climate

Our Director Dr. Aaron Bernstein has answered your most frequently asked questions about [how coronavirus is connected to climate change and the environment](#). We have been working around the clock with the media to connect the dots between habitat destruction, air pollution, climate change, and infectious disease.

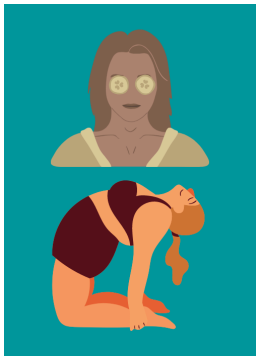
## A few examples:

- [Why our shrinking natural world is increasing the pace of global pandemics](#) (Fast Company)
- [The coronavirus is deadly enough. But some experts suspect bad air makes it worse.](#) (Washington Post)
- [Possible Ties Between COVID and Climate](#) (Inside Climate)

## Self-care in the Time of COVID-19

Doing good in the world also means taking care of yourself, and now more than ever we need to prioritize our mental, emotional, and physical health.

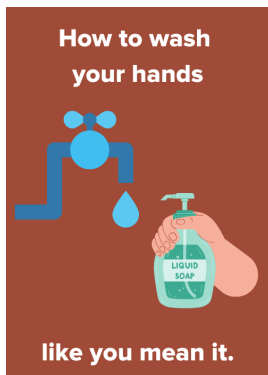
### Managing anxiety



Michelle Williams, Dean of Harvard Chan School, offers 5 ways to [manage your coronavirus stress](#). The Washington Post gives tips for [preventing loneliness](#) while you're social distancing.

You can stream [opera](#), [online concerts](#), [art lessons](#), [virtual museum tours](#), [liberated penguins](#), [jealous T. Rexs](#), and daily [love notes from goats](#).

### A Lesson in Handwashing



Remember simpler times, when we didn't sing Happy Birthday while washing our hands? We don't either. But now that we're all-in on cleanliness, this is [a great video tutorial](#) that illustrates with white gloves and black paint how to get all the nooks and crannies we didn't realize we were missing.

## Earth Day Goes Online

### Happy Birthday, Earth Day!

April 22 marks the 50-year anniversary of Earth Day, and "Go Big or Go Home" has become "Go Big From Home." Millions around the world are taking to the Internet for a 3-day mobilization to stop the climate emergency. All you need is an internet connection— [pants are optional](#) !

[Join the action](#)



# Your Voting Checklist

We're just going to go ahead and leave this here until November, in case you know someone who could use it.



**Check your registration status**  
(30 sec)



**Register to vote**  
(2 min)



**Get your absentee ballot**  
(2 min)



**Get election reminders**  
(15 sec)



**Pledge to register, get reminder on your 18th birthday.**  
(15 sec)

STAY CONNECTED

