

## #HOWICARECHALLENGE

Thank you for your participation in the community wide #HOWICARECHALLENGE! The challenge was designed with the intent to help reduce the spread of the COVID-19 cases in Portage County.

### How the challenge works:

1. You will need a device that will allow you to take a video (IE phone, computer, tablet).
2. Pick one of the below themes to show/tell how you, your business, or your family are caring for your community:
  - Washing my hands with soap and water for at least 20 seconds or I use an alcohol-based hand sanitizer when soap and water are not available.
  - I cover my coughs and sneezes.
  - I avoid touching my face in public.
  - I practice social distancing of at least 6 feet from people not in my household.
  - I avoid large gatherings.
  - I avoid non-essential travel.
  - I wear a cloth face covering in situations where physical distancing can't be maintained.
  - I stay home when I am sick.
3. Record a video based on your chosen theme that is between 10-20 seconds in length.
4. Upload video to your social media accounts using the hashtags #HOWICARECHALLENGE #PortageCounty #COVID-19.
5. In your post invite your friends/family/network to join us in showing their community how they care.

Thank you for helping us spread the word and share, share, share!

**Together, let's show our community how we care!**