

## Student Y: Stay Safe, Practice Self-Care, and Serve Others

### Stay Safe-

To prevent the spread of COVID19 and keep those around us safe

- Wash your hands often and correctly
- Practice self-distancing
- Stay home as much as you can
- Don't panic!

### Practice Self-Care-

During this time of isolation, it's important that we are taking care of ourselves!

- Have a routine and follow it at home
- Practice creativity (write, draw, play music, read, learn a new skill or hobby)
- Take a walk or step outside when you can
- Connect w/others through online platforms (Google Hangout, Zoom, FaceTime)
- Take breaks from social media

### Serve Others-

Our community is facing challenges as we learn how to navigate these large changes, but we can still serve!

- Offer online tutoring services to students
- Babysit for caregivers
- Donate to organizations in need (WeDay KY, [Family Ark](#), [BGCF](#))
- Check on your neighbors
- Send cards/letters to those in nursing homes and medical professionals
- Order carryout from local businesses



### Civic Engagement is as important as ever!

- Take some time to read up on the current candidates
- Register to vote online [here](#) and encourage others to as well!

## Services Currently Offered in KY

### In the Lexington Area:

- Mutual Aid sign-up/donation requests, [click here](#)
- Centralized site for all Lexington resources, [click here](#)

### In the Louisville Area:

- Mutual Aid sign-up/donation requests, [click here](#)
- Sign up to volunteer and be matched with someone in need, [click here](#) and/or [here](#)
- Meals for students Mon-Fri, 10AM-1PM, find locations [here](#)

### Kentucky Resources:

- Mutual Aid sign-up/donation requests and volunteer to help those in need, [click here](#)
- Youth Mutual Aid Fund, [here](#)
- For all COVID19-Kentucky information, [click here](#)
- Check out your county's local health department for resources in your area

