



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Communications

Step 1 Be a Communications Fact Finder

"It is interesting to contemplate the difference between 'information' and 'communication'. Information is something we give out... Communication is the science/art/luck of getting the information through." - Dr. LuAn Johnson, creator of Map Your Neighborhood

How is information about COVID-19 getting through? Where are you and your household turning for information?

With an adult member of your household, look at a news article on the web or a social media post. Use the following fact finder skills to determine if its true or false information.

Consider the Source: Investigate the site, its mission, and its contact info.

Check the Author: Do a quick search on the author. Do they have credentials that give them expertise? Are they a real person or organization?

Check the Date: Reposting old news stories doesn't make them relevant to current events.

Check Your Biases: Are your own beliefs affecting your judgement of the information?

Read Beyond the Headlines: Headlines can be outrageous. Read on to get the whole story.

Supporting Sources: Click on the links usually attached to online news stories. Do they support the story with facts and data?

Is it a Joke? Is it outlandish? Look into the site and the author.

Ask the Experts. Consult a fact checking site.

Step 2 Communicating with Friends and Family

Physical distancing is helping us slow the spread of COVID-19, but it's also keeping us from playing with our friends and talking with our families who don't live in our households.

You can still keep in touch with friends and family through online tools. Consider these apps: **Zoom**, **Google Duo**, **FaceTime**, **Skype**, and many more.

Discuss with your household who you should be communicating with and how often. Grandparents? Cousins? Aunts and Uncles? Friends? Then decide how you will communicate.

Get creative! Think about things you would do with these people from who you are currently separated. Can you think of ways to take those activities online?

- Read a book or bedtime stories.
- Have a game night with cards or board games or **virtual boardgames**.
- Host a tea party.
- Conduct a sing-a-long.
- Be a GeekGirlScout and host role playing games, like Dungeons & Dragons. Try **Roll20.net** for online games.



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Step 3 Communicating in Close Quarters

Our current shelter-in-place order is likely the longest you and the members of your household have been together. Everyone reacts differently to stressful situations. It is really important to communicate now more than ever.

Make a talking stick. Then have a discussion with the members in your household over dinner. Only the person with the talking stick can speak. Talk through anything that is worrying you or them. Discuss your fears—where do they come from? Ask each member of your

household how much space they need. Some people need lots of space and time away from others, some need only a little. How can you make the space necessary to meet each member's needs?

Consider watching CBS reporter Steve Hartman's **Kindness 101 lessons** together. Each day he is posting a new character trait. So far he has 30 minute lessons on **Character**, **Empathy**, **Friendship**, and **Altruism**. Live lessons are available each day at 11 AM Pacific on the CBS News Facebook page.

Step 4 Be Neighborly

Neighbors and neighborhood resilience are critical in times of trouble. We need to rely on each other, but how do we communicate during a shelter-in-place situation?

Write down some ideas on how you can communicate with your neighbors and still maintain physical distancing. Share your list with the adults in your household. Choose one and act on it.

Necessity is the mother of invention. We are seeing tremendous innovation during this COVID-19 pandemic.

Here are some ideas you could try to

communicate with your neighbors:

- Start a phone tree and check in once or twice a week.
- Write inspiring messages with chalk on your sidewalk/driveway.
- Create signs that say "OK" on one side and "HELP" on the other. Write a quick note telling your neighbors to put in their window or on their door. Check on your neighbors during a walk each day.
- Tape a thank you note to a neighbor's door or to your door for the mail carrier or delivery driver.