As the ongoing COVID-19 Pandemic continues to globally challenge every aspect of our life, it is now more important than ever to show global solidarity and practice global citizenship. COVID-19 is a global problem that requires us to act together!

It is a call for all of us to think, feel, and act in solidarity:

A. Think

- Stay informed, updated, and widen your understanding of the crisis
- Filter and verify information from reliable sources
- Think of ways you can support your community, especially those most vulnerable

B. Feel

- Practice the power of empathy by feeling and showing understanding towards what others are experiencing
- Be compassionate and show concern towards affected communities
- Promote mindfulness, maintain a positive mood and show resilience in the face of crisis

C. Act

- Identify opportunities for engagement at local, national, and global levels
- Stay connected, act effectively and responsibly to promote common good
- Be an agent of positive change: volunteer, inspire, and advocate

It is the time where everyone is online, join the virtual community; spread solutions not fear!