

## Front-Line Workers Appreciation

There are thousands of front-line health care workers working tirelessly to help fight COVID-19. You may have noticed that at 7:00pm there is a shift change at hospitals that has inspired local citizens to cheer and sound their support for those finishing and starting their shifts.

In this activity, you are encouraged to **show your own appreciation** for these workers in a creative way! Keeping social distancing in mind, consider putting up a sign on your window or lawn, making and sending a card to a worker you know, singing or playing an instrument at the shift change, or drawing a picture showcasing their bravery, etc.

Feel free to take a picture or video demonstrating your appreciation, and send it to [specialevents@bc4h.bc.ca](mailto:specialevents@bc4h.bc.ca) or tag @4HBritishColumbia in your posts on Facebook or Instagram. We'd love to hear from you!

Here is an example:

