



#CombatCOVID19Challenge

Launched by Sens. Ted Cruz (R-Texas) and Kirsten Gillibrand (D-N.Y.)

How can you help support your community during the coronavirus crisis?

As our nation continues to work as a united front to combat the coronavirus crisis, each one of us has a role to play in helping curb the spread of this virus. While millions remain at home in quarantine and practice safe social distancing, we each have an opportunity to make a difference and to help our fellow Americans in need. That's why Sens. Ted Cruz (R-Texas) and Kirsten Gillibrand (D-N.Y.) launched the #CombatCOVID19Challenge, a social media challenge encouraging Americans to support their local communities as we all work to combat this pandemic and ultimately defeat it together.

What is the #CombatCOVID19Challenge?

The #CombatCOVID19Challenge is a bipartisan social media campaign designed to raise awareness and serve as a call to action for all Americans to help each other and support their communities during this crisis.

How to join the #CombatCOVID19Challenge...It's as easy as 1,2,3!

STEP ONE: Record a short 2-3 minute vertical video (iPhone preferred, can be from selfie mode) of yourself accepting the #CombatCOVID19Challenge and explain the activity you will do for your community to help fellow Americans in need.

Additional filming guidance: The video should be filmed vertically, preferably on an iPhone. It should be short – no more than three minutes. And it can be filmed in selfie-mode.

STEP TWO: Challenge 3-4 other individuals to film themselves doing something for their community within 48 hours.

STEP THREE: Post the video to Twitter tagging the individuals you choose to challenge along with the hashtag: #CombatCOVID19Challenge.

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Example script below:

Right now, Americans across the country are hurting and need our help to #CombatCOVID19. While we are all separated through social distancing, we can still play a role in supporting our communities and each other.

Thank you [INSERT NAME] for inviting me to join the #CombatCOVID19Challenge.

I accept your challenge and today to help my fellow Americans, I will be [INSERT CHALLENGE HERE].

I chose to [EXPLAIN WHY YOU CHOSE YOUR CHALLENGE HERE].

And now, I challenge [INSERT NAMES HERE] to join the #CombatCOVID19Challenge.

Together we can make a difference to help those in need, and together we can defeat COVID-19.

Need ideas on how to participate in the #CombatCOVID19Challenge?

- Donate non-perishable food items to a local food bank
- Pack up a box of cleaning supplies to send to the Salvation Army, a nursing home, a local hospital
- Donate blood if you are healthy and able
- Cook a meal for a neighbor who is working on the front lines combatting the coronavirus (first responder, nurse, etc.)
- Send take-out from a local restaurant to a loved one or elderly neighbor
- Drop off water or groceries for a loved one or elderly neighbor
- Buy a gift card to a local restaurant to support our small businesses
- Share a lesson plan or distance learning activity that has worked for your kids with other parents
- Send cards to those in nursing homes who are not able to have visitors
- Thank a grocer, a pharmacist, a doctor, a nurse, a farmer, a trucker, a cook – someone who is making sure our families are fed and our communities are safe
- Suggest a new song to sing while washing your hands
- Make an encouraging sign and post it outside your house or window as a sign of support for your neighbors

REMINDER: When participating in the challenge be sure to follow CDC guidelines and practice social distancing as recommended.

For more information about the #CombatCOVID19Challenge, email:

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