

Volunteer Message Guidance on COVID-19

Swing Left's number one priority is the health and wellbeing of our grassroots community. This situation will take time, and we all need to adapt our activism to ensure the health and safety of our Swing Left community.

Social distancing is an important tool to contain the spread of coronavirus. We encourage you to practice social distancing and avoid holding large in-person Swing Left events. This includes large in-person gatherings for canvassing, voter registration in-person, phonebanking, letter writing, and fundraising events. We, as the national team and organizers, support you in whatever you decide to do. If you are wondering, "should I cancel an event?", we encourage following guidance from local health authorities to help inform decision making.

Consider conducting organizing meetings from home rather than meeting in person, especially if you have cases in your community. If you can, please avoid taking public transportation or attending large public gatherings. If you are new to working from home, here are [helpful resources on staying healthy and productive at home](#).

If you are not feeling well, please stay home and take care of yourself. We're all feeling the pressure to continue our activism and ensure Democratic victories in November, but we can't sustain our movement if we don't sustain ourselves first. We need you healthy! Please refer to [these best practices from the CDC](#) for caring for yourself and your family during this time.

This crisis is taking not only a physical strain on communities across the country, but a mental and emotional one, too. **We encourage you to check on one another during this time.** We are all in this together. Here are [mental health resources](#) for caring for yourself during this time.

If you still want to continue volunteering, consider virtual organizing opportunities like [letter writing](#) from home or phone banking. Many campaigns are halting person-to-person canvassing and events for the near future. Actions like letter writing or phone banking can be easily facilitated at home, and Swing Left can provide guidance on organizing a virtual event for you and your group, including video conferencing options and best practices.

States and communities may have specific guidance for your area on the outbreak, and we encourage you to **look to local health officials** for the most immediate guidance for your area.

If your state has an election coming up, please **consider options to vote by mail or early vote** if those options are available to you. Here are [resources from the CDC on safe election administration](#) during this time.

Be an ally to communities who are facing discrimination or may be disproportionately impacted by this crisis. Many people do not have access to paid sick leave or child care if nearby schools shut down. Fear, confusion, and misinformation around this disease has also contributed to a rise in xenophobia, especially anti-Asian discrimination. Here are [resources to combat xenophobia](#) in your community.