

Pay it forward



# Pay it Forward February

Spread Kindness, Not COVID-19  
February 12-19

Alaskans know it's easier to make it through winter when we help each other out. That's especially true this year when so many of us are affected by the COVID-19 pandemic.

This February, we encourage Alaskans to Pay It Forward by taking an act of kindness. Big or small, reaching out to an individual or participating in a communitywide effort, we can all contribute to a kinder Alaska. When we all act together, every kindness is multiplied. And, special bonus, turns out helping others is good for your own health as well.

## How to Participate:

From **Feb. 12-19**, identify an opportunity to Pay It Forward that makes the most sense to you. This could be as easy as thanking someone, shoveling your neighbor's driveway, buying a coffee for the person behind you in line, dropping off food to your local food bank, shopping at local businesses, or supporting organizations that help others in your community. You can't go wrong with kindness.

Involve your friends and loved ones. Post about your action on social media. Start a Pay It Forward challenge with two friends and get them to challenge others. Create a ripple of kindness. The more people who participate, the more kindness we spread.

## Please Join Us:

The Alaska Department of Health and Social Services invites Alaskans and partner organizations statewide to participate. Pay It Forward and make it your own. Participate as individuals, a business or organization, or create a challenge with your friends and family. We'll be sharing ideas throughout the week of **Feb. 12-19** on how to share kindness. There's no formal event, we just ask you to Pay It Forward in February and encourage others to do the same. Spread kindness, not COVID-19!

## Please Share:

If you'd like, please share photos or videos of how you Pay It Forward in February by using the hashtag **#WithYouAlaska**.