



CHECKING IN SAVES LIVES

## Take the 6° of Separation Pledge

Six Degrees of Separation - Checking in Saves Lives is a network of Detroit PAL mentors, volunteers and families willing to be an ongoing source of trusted, timely and important information to at least six people through virtual check-ins. Staying connected even when we are apart is important because 6 feet of separation does not mean social isolation.



### I P L E D G E T O :

- 1) Virtually check-in on 6 friends' physical and mental health on the 6th, 16th and 26th day of each month beginning April 16th and continuing through the end of June.  
(Sample scripts are available at [www.detroitpal.org](http://www.detroitpal.org))
- 2) Provide them with a resource link to factual information regarding COVID-19 critical updates via text, email, social media, website
- 3) Share important information with them regarding the census or voting

### I W I L L A L S O C O N S I D E R :



- 1) Purchasing a 6 Degrees of Separation T-shirt at the following link:

<https://www.createmytee.com/6degrees>  
and posting a selfie in my T-shirt on  
social media using the hashtag:  
**#CheckingInSavesLives**

- 2) Or donating directly to Detroit PAL at:  
[www.detroitpal.org/donate](http://www.detroitpal.org/donate)