



**Working Together
to Mitigate Disasters**
The spread of the coronavirus happens
without warning;
the best we can do is to take care
of ourselves first,
then we can take care of others.
The best way to prevent future outbreaks
is having a meatless diet.
With utmost sincerity,
we respect life,
and follow the principles of nature.
Loving reminders from Tzu Chi
2020.02.03

Working Together to Mitigate Disasters

The spread of the coronavirus happens without warning; the best we can do is to take care of ourselves first, then we can take care of others.

The best way to prevent future outbreaks is having a meatless diet. With utmost sincerity, we respect life, and follow the principles of nature.

Putting love into Action

As we begin this week, we should take some time to care for the people around us.

Loving reminders from Tzu Chi