

KNOCK THE SOCKS OFF COVID-19 Challenge

#CV19socks

“Show your neighbours, community, province and nation that you are supporting measures to stop COVID-19” by stringing up socks outside your door to show that you are doing your part to “Knock the Socks Off of COVID-19” by practicing:

- Social distancing
- Washing your hands
- Staying home as much as possible

Make it a fun activity for you/your family. Most of you have a few lone socks that are missing their match. Get your children involved. Be creative! Post your picture! Spread positivity, hope and support!

As well, consider donating \$1 (or more) for every sock that you display in support of assisting Canada/the world of the Coronavirus! Such as:

- Food Bank of Canada <https://www.foodbankscanada.ca/COVID-19.aspx>
- World Health Organization: Solidarity Response Fund
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/donate>

Or to any COVID 19 support organizations in your community.

Historical reference of “Knock the Socks Off”: Apparently from the Logansport Democratic Pharos newspaper, January 1856, there was a cholera pandemic said to have gotten its ‘socks knocked off’ by a certain ague remedy for chills and fever, that “knocks the socks off that disease.” The disease was hit hard and defeated. (Source: knowyourphrase.com)