

practiced let's get out there and spend some money at our friends' and neighbours' businesses. Wash your hands when you get home. You will never regret doing it.

Last...be kind – I was in a local automotive repair business last Friday to get my snow tires changed and witnessed a loud and ugly altercation between a customer and a well-meaning service person. It appeared to me that man had ordered a part for his vehicle, but had arrived at the store before the part arrived on the afternoon truck from their warehouse in Toronto. The customer erupted like a roman candle spewing profanities and stormed out of the store threatening recriminations upon one and all.

The employees in this business have been declared essential since day one of the pandemic. They have shown up at work every day while others have been allowed to stay at home, and have taken a risk to their

personal health just by coming to work.

We wouldn't dream of venting our rage on a doctor, nurse or paramedic in the middle of this public health crisis, but postal carriers, automotive repair people and supermarket employees seem ripe for abuse. (My oldest son works in a grocery store and his stories could make you sick to your stomach in terms of what they have had to endure since mid-March, often for little better than minimum wage.)

Kindness will cost you nothing, and I guarantee your gesture will be much appreciated by those working during these stressful times.

In these confusing times my hope is these five simple steps to pandemic civility might improve not only your life but others.

In these troubled times that is an effort worth making.

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