

How To Say No During Covid-19

It is hard enough to say no to friends and family in normal times. During Covid, it can be a matter of life and death. Here are some suggestions:



Statement: It's just me. I won't give you Covid.

Answer: I hear you. I still prefer to meet on Zoom rather than risk either of us getting sick.

Statement: We always get together this time of the year.

Answer: Yes, I really enjoy getting together with you and this year will be even more exciting because we will be doing it virtually.

Statement: There is no such thing as Covid-19. It's all fake news.

Answer: I understand that you believe this. I would rather be safe than sorry.

Statement: Masks don't do anything. I'm not going to wear one.

Answer: I care about you and would be so sad if you got sick. If we hang out, I would need you wear a mask. If you don't wear one, I won't be able to hang out. We can talk on the phone or Zoom.

Statement: Just one hug can't hurt.

Answer: I know, I miss hugs too. I promise we will make up for it after this is all over.

Statement: Six feet doesn't make a difference.

Answer: I understand that you feel this way, however, physical distance creates an environment of safety for everyone.

Statement: I don't like washing my hands for 20 seconds several times a day.

Answer: Let's reimagine that. It can be a great time to sing the chorus to your favorite song twice.