Wondering what to do with so much time at home? You can save lives from the comfort of your couch!

There is only one rule; HAVE FUN! Make it your own, or use one of our ideas to get started:

• Kids at home? Did an event get canceled? Create a tiktok or video of your child performing a talent or dance from the couch to keep them occupied! Make it a challenge—ask your followers to donate to see more!

• Haven’t joined the registry yet? Order a swab kit and join from the comfort of your couch—show everyone how easy it is!

• Talk about how you’re repurposing the money you would typically spend on your daily coffee, gas, or going out to eat/to a movie.

• Share your tips on being effective while working from home. You could even offer to donate each time a follower shares a helpful tip!

• Share a story about how you’ve been impacted by our mission and encourage your followers to support the cause!

Visit BeTheMatch.org/Couch2Cure to join the movement.