

# No More Duck & Cover



When we are afraid our brain reacts in often primitive ways to protect us. This is helpful if we encounter a bear. We don't think, we run.

But unrelenting fear, coming from our government and media can hijack rational thought. To feel safe we do as we are told. We hide under our desk...or in our home.

It may take a long time (even 3+ years) before your mind is ready to question the actions of the past.

We hope, for you, that time is now.

Watch the National Citizens Inquiry into Canada's Covid-19 response. Knowledge helps reduce fear and builds resilience.



[NationalCitizensInquiry.ca/commissioners-report/](https://NationalCitizensInquiry.ca/commissioners-report/)



Go to the NCI website and listen to testimonies from both experts and civilians.



Learn what happened, to whom and why.



Share with others so we don't ever "duck & cover" again.

