

Staying Socially Connected While Keeping a Safe Physical Distance

A safe physical distance is at least 6 feet. This means not passing through doors at the same time as others, not shaking hands or otherwise touching others. Your everyday life has changed and will continue to change often with little notice amidst the COVID-19 outbreak, try these social options to stay safe:

Use video chat – Embrace video chat to stay in touch with family and friends. Utilize services like Skype, Facetime, WhatsApp or Google Hangouts.

Get on social media – Many people are reluctant to get on social media, especially older adults. During this time of social distancing, it's a good way to stay connected with family and friends. It can also have adverse effects so make sure you aren't feeling more anxiety by reading other people's posts.

Check in regularly – Whether by phone, text, video or social media, check in with friends daily.

Have virtual get togethers – Just because you can't physically get together, doesn't mean you can't connect with your friends. Take advantage of video chat or other means to have meals together, play games, or watch tv through video.

Take advantage of online resources – Many organizations are offering online webinars, tutorials and wellness classes. Check your school's website for ideas. You can also visit national parks, zoos and aquariums via webcam.

Make a Plan	Watch for Signs of Stress	Resources for you
<p>Establish daily routines</p> <ul style="list-style-type: none"> Exercise Connect with Friends Eat Walk Hygiene <p>Reach out to someone you haven't heard from in a while</p> <p>Do something for someone else</p> <p>For More Information</p>	<p>Normal reactions to uncertain times are to be expected. Talk with your friends.</p> <p>If feelings of anxiety, worry, or fear continue or increase in intensity</p> <ul style="list-style-type: none"> • Talk with your parent or other trusted adult • Contact your doctor or mental health provider • Call RI Behavioral Health Support Lines: 	<p>https://nationalzoo.si.edu/webcams</p> <p>https://zoo.sandiegozoo.org/live-cams</p> <p>https://www.apdaparkinson.org/community/st-louis/resources-support-stl/virtual-tours-museums-zoos-theme-parks/</p> <p>College Students https://hope4college.com/surviving-covid-19-a-realcollege-guide-for-students/</p> <p>https://docs.google.com/spreadsheets/d/e/2PACX-1vRbonZQEAWFwTmVzd_NtAuDvMR1px124EKgo6uC-LSUFCSDrne9WE0JcltTBEyt_WBLFflRuPUG0A14/pubhtm</p>