

# Reach Out and Stay Connected During the COVID-19 Pandemic



***“To compensate for the reduction in in-person social interaction, we must ramp up our virtual communication and ensure we are not losing touch with friends and family.”  
- Vivek Murphy, Former Surgeon General of the United States***

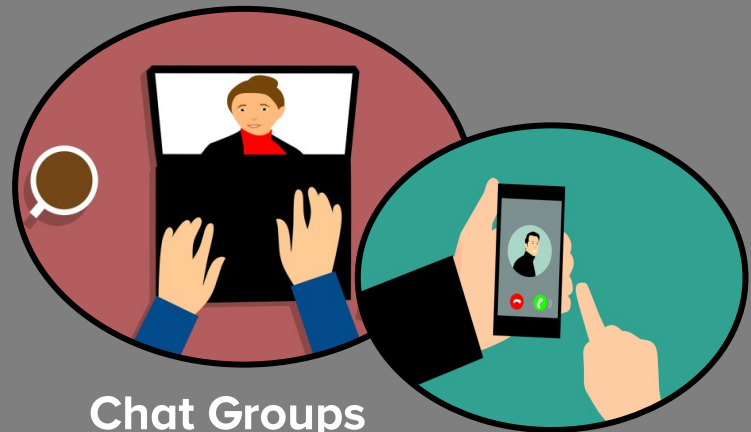
*Disruption and uncertainty within our daily lives can be stressful and scary. However, thanks to technology, it is easier than ever to stay connected with each other during a national crisis. Here are a few ways that we can fight the negative aspects of social isolation.*



## Social Media

Keep in touch with other isolated neighbors and family members.

Find remote games to play with others.



## Chat Groups

## Video Calls

*Stay positive—don't get “sucked in” to negative discussions.*



## Questions?

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