

STAYING SOCIAL DURING SOCIAL DISTANCING

You don't have to be alone when self-isolating.

connect

Phone calls



Video chats



Virtual viewing parties/
digital concerts



Social networks



move

Fitness apps



Group workouts
streamed on Facebook
and Instagram



host

Virtual happy hours

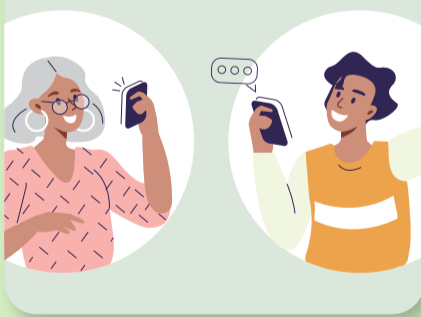


Digital dinner parties



write

Messaging apps



Handwritten notes



post

"Thank you" videos
for frontliners



"Thank you"
signs for
essential workers



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