

STAY CONNECTED WHILE SOCIAL DISTANCING

We're in this together. Stay socially connected while keeping physical distance:



Practice self-care

read a book, listen to music,
have a bath, meditate, bake.



Foster family time

keep a routine, make art, plan
activities you can do together.



Maintain social connections

call a friend, video chat with family, host
a virtual dinner party.



Stay healthy

take media breaks, eat a proper meal,
do a free online fitness class.