In the midst of the COVID-19 pandemic, it is important for your health and the health of others to practice physical distancing, but that doesn’t mean you should cut off communication. It is important to stay socially connected!

- Use the telephone and other technology to stay connected! It’s important for your mental and physical well being to stay socially connected while maintaining physical distance.
- Attend essential medical appointments. Call and reschedule non-essential appointments. Try to have a few months’ worth of any necessary medications on hand.
- Create a routine for yourself. It will help make things feel more normal. Do your best to get enough sleep, and eat regularly to stay healthy.
- Cancel social gatherings like bridge club or lunch dates. Instead try telephonic and virtual options or look to reschedule.
- Explore ways to avoid unnecessary outings. Try asking friends or family for help grocery shopping or running errands. Some shopping services may also be available.
- Find activities that keep you engaged and healthy like walking, yoga, dancing, hiking, cooking, or reading!

TIPS ON PHYSICAL DISTANCING
While Staying Socially Connected