

Staying connected during Covid-19

There are many ways to stay connected with friends and loved ones during social distancing. You might even find yourself feeling more connected than ever before.

VIRTUAL EVENTS allow even those most distant to safely join in on the fun.

You can do this through **video calls on your computer or phone...**

First Laugh Party

Regular Catch-Ups

Free video calling tools

Zoom

Pro: Sign up with any email address
Con: 45 min limit (paid version is unlimited time)

Google Meet

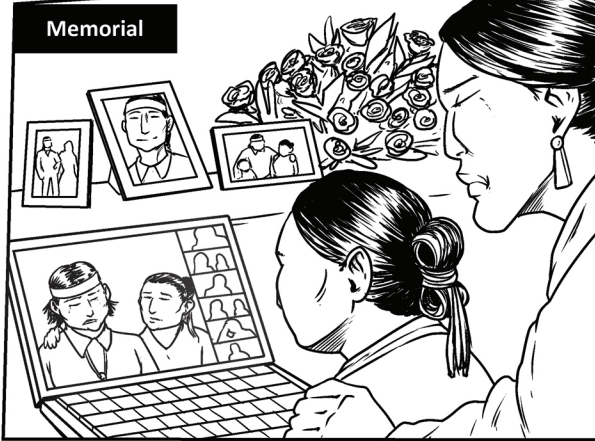
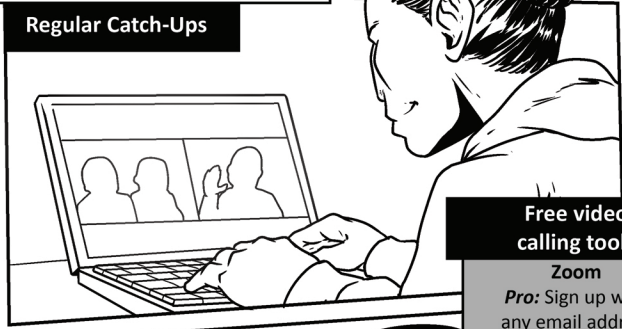
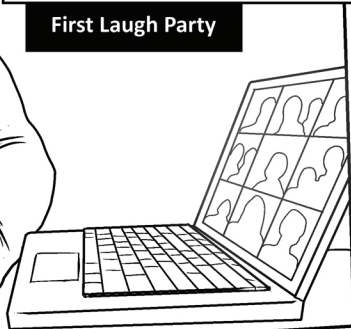
Pro: No time limit
Con: Need to have or create a Gmail account

FaceTime

Pro: Already on phone
Con: All call participants must have an iPhone

Duo

Pro: For any smart phone
Con: Might need to install App on phone



You can do this through either a **video chat** or a **simple phone call...**

Shared Walk

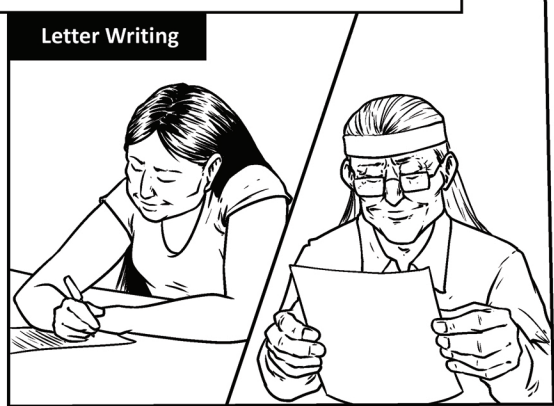
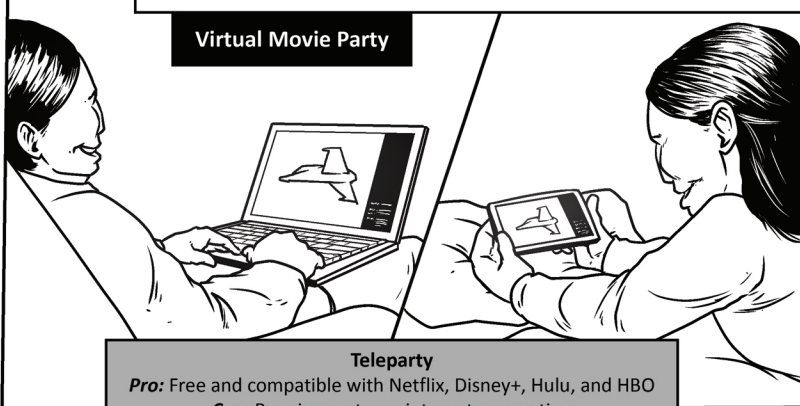
Traditional Counseling



You can go all out with **new virtual platforms** or keep it traditional with **time-tested communication tools...**

Virtual Movie Party

Letter Writing



Teleparty

Pro: Free and compatible with Netflix, Disney+, Hulu, and HBO
Con: Requires a strong internet connection

COVID-19 relief support: 1.833.956.1554 or navajohopisolidarity.org
More info on COVID-19: CDC.gov/coronavirus

Content is **not** intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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GINA ENER
Illustration Artist

CATALPULT DESIGN

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