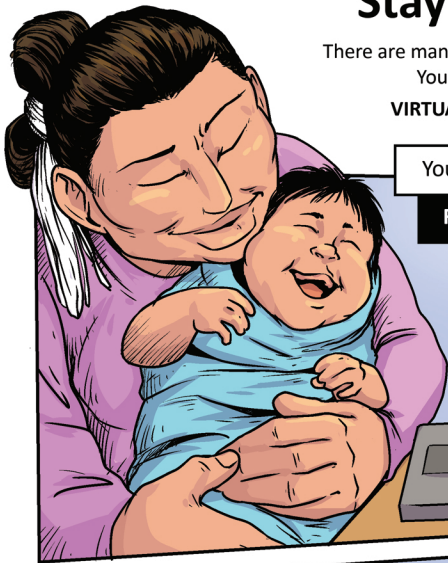


Staying connected during Covid-19

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.

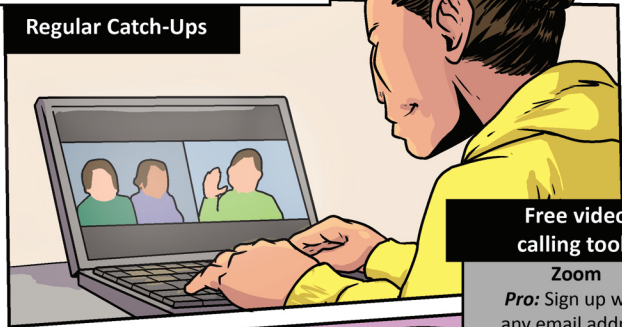
VIRTUAL EVENTS allow even those most distant to safely join in on the fun.

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

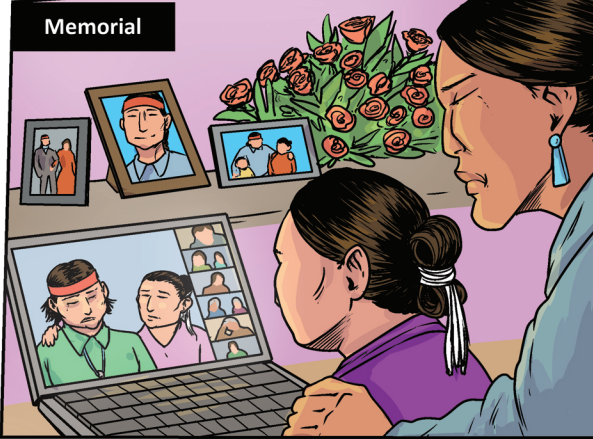
FaceTime
Pro: Already on phone
Con: All call participants must have an iPhone

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



Birthday Party

Happy birthday to you!



Memorial

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

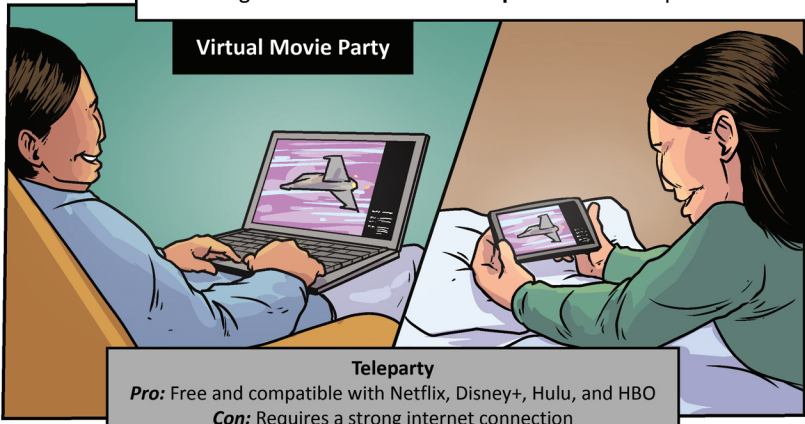


Shared Walk

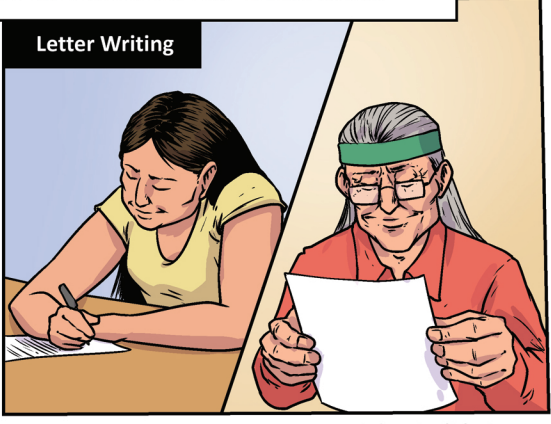


Traditional Counseling

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

Created: February 2021 | Sources: CDC and WHO

CATALPULTECH DESIGN
 NAVAJO & HOPI FAMILIES COVID-19 RELIEF FUND

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.