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 smartphone
Con: Might need to install App on phone

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

Birthday Party

Happy birthday to you!

Memorial

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.