

SAFELY CONNECT

During COVID-19

Social connections are a sense of belonging to others and to a community. Neighborhoods with places to gather and positive activities strengthen a sense of belonging and trust.



Mental Health

Being part of a group helps you to survive in tough times.

Physical Health

Communities with activities & places to gather reduce obesity, hypertension & diabetes among residents.

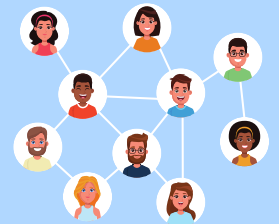


Longevity

You are 50% less likely to die in the next year if you belong to a group

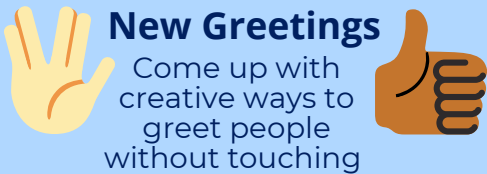
Community Recovery

after emergencies.



Social connections may seem difficult with social distancing practices, but are more important than ever. Physical distancing does not have to mean social isolation.

Here are things you can do while maintaining physical distance!



New Greetings

Come up with creative ways to greet people without touching



Check in with Older Relatives

They might appreciate a hand written note or card



Enjoy your favorite show or movie with others



Stay in Touch

Call and video call your friends and family!



Enjoy the Outdoors!

The outdoors provides a convenient way to maintain distance while being social. Start your spring yard work, ride bikes and scooters, walk your pets, go for a jog, hike a trail, spend time with friends who are not ill while maintaining a safe distance.

