

Promoting Social Connection while maintaining Social Distance

Americans are being urged to maintain “social distance” as a protective measure to maintain health and reduce the spread of COVID-19 and flu. This is a tool to encourage keeping a physical distance from one another, but not an emotional distance.

As we safeguard health by reducing physical contact, it is even more important to avoid isolation. Now is a time to maintain and even increase social and emotional connection. Here are some suggestions for staying connected with others. We know this is possible, because this is already done to keep people connected worldwide.



Start with a short list of your most important connections.

- Who is important in your life?
- Who are you important to?
- Who do you know who is in danger of isolation at this time? (*Perhaps a neighbor, someone from your faith community, someone elderly or with a health condition.*)

If you can put names to these questions, you have a potential community of support outside your home.

How to stay in touch:

- Regular phone calls – check your list every day and see who needs a call
- Daily text messages
- Facebook/Facetime/Skype and other social connection tools
- Phone apps like WhatsApp to setup individual or group chats with text, voice, or video

If you are at home with family and children, this is a good time to involve them. Can they make cards or a piece for an elder in your family or community? These can be shared via picture to your new online community.



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