

PHYSICAL ~~SOCIAL~~ DISTANCING

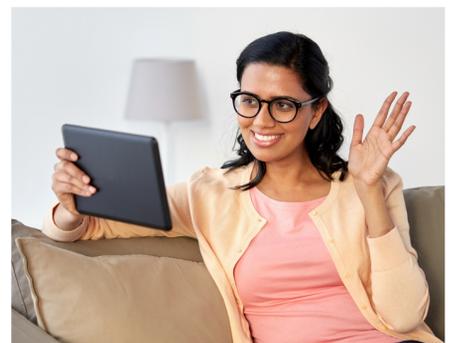
**STAY SAFE AND
CONNECTED DURING
COVID-19**

Stay socially connected while practicing safe physical distancing!

Physical distancing helps protect our physical health. Connecting with others sustains our mental health. **Find ways to do both at the same time!**

Creative ways to stay connected during COVID-19

1. Start a long distance book club.
2. Write an inspiring quote on the sidewalk outside your home.
3. Play an online board game with family and friends.
4. Organize a virtual dinner party through a video app.
5. Write a letter to someone you miss.



Stay healthy. Stay connected.