



# Staying connected with the people you love during COVID-19

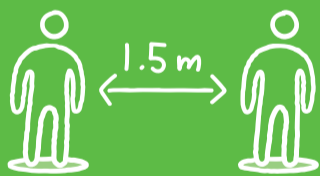
It's important to stay in touch with the people you love, even if COVID-19 restrictions mean they can't visit you as easily or as often. Here are some safe ways to stay in touch.



Talk on the phone  
or video chat



Write a letter  
or email



See them  
in person



Social media  
or group chat

Ask for help if you'd like to try a new way of connecting with family and friends.  
Don't be afraid to try something new – you might love it!

At the end of the day, it doesn't really matter how you stay in touch, just that you do.

**Who will you contact today?**