

Staying Connected

Everyone needs social connections. Spending a lot of time alone can make us feel lonely and isolated, and lead to serious health problems. You can help protect your health by being active and connected. As you begin to reconnect, go at your own pace. Listen to your body and feelings. Don't do anything that causes discomfort or pain. Be patient and open, we're all out of practice. Consider these tips as you start getting out.



Renew your social connections and routines

- Reach out to family, friends, and neighbors in person, by phone, email, video chat, or social media. Invite them to a meal, visit, or a walk.



Join a class at your community center

- Based on your comfort level, attend in person or online.
- Contact your local community center to learn what safety practices they follow.



Get moving

- Go outdoors, get some exercise, and some fresh air.
- Start by visiting your favorite places and doing your favorite activities.



Follow your comfort level and be flexible

- No judgement if you prefer to stay masked while others don't or if you want to bring your own hand sanitizer.



Reconnect with your physicians and practice self-care

- Continue your medical care and preventive screenings and shots.
- Schedule your annual dental, eye, and hearing exams.
- Choose nutritious foods, stay hydrated, and prioritize sleep.