



How to be social while physically distancing

DATE: APRIL 2020 PRESENTED BY: THE UNIVERSITY CENTER FOR EXCELLENCE IN DEVELOPMENTAL DISABILITIES, AND THE OREGON OFFICE ON DISABILITY AND HEALTH

Topics we will discuss

- What is COVID-19?
- What is social distancing?
- Why must we socially distance?
- How to social distance but still be social
- List of online social connection apps



What is COVID-19?

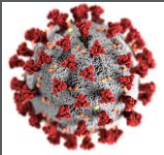


Image description: a virus particle that is grey with red triangular formations sticking out.

- It's nickname is Coronavirus.
- It is a new illness spreading around the world.
- COVID-19 is a virus. It's like a very bad cold or a flu.

<https://www.who.int/health-topics/coronavirus>



What is social distancing?

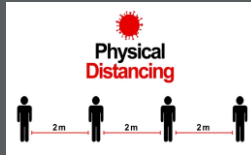


Image description: four people standing 6 feet from each other.

- Stay 6 feet away from others – 2 meters is the same as 6 feet
- Work from home if you can



Ottawa Public Health
Santé publique

Practise social distancing

AVOID	USE CAUTION	SAFE
<ul style="list-style-type: none"> Playdates House Parties Sleepovers Group Hangouts Weddings 	<ul style="list-style-type: none"> Grocery Stores Takeout Food Picking Up Medications 	<ul style="list-style-type: none"> Watch Movie at Home Read a Book Listen to Music Games Night at Home Video Chat Take an Online Class Virtual Tour a Museum Cook Go for a Walk or Hike*

Why must we socially distance?



Image description: two persons showing social distancing is 6 feet or 2 meters.

- COVID-19 is very contagious.
- People without symptoms can spread it to you.
- We need to protect more vulnerable people.

https://www.who.int/health-topics/coronavirus#tab=tab_3

Can you be social while physically distancing?



Image says, "Yes you can."



How to be socially distant but still be social.

Examples to follow:



Go outside

Go for a walk and wave, smile, or say hi to other people you pass.

Be sure to stand 6 feet apart when you go out!

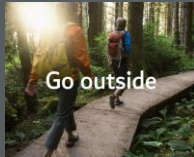


Image description: two people on a path in nature with distance between them.



Go outside with your pets

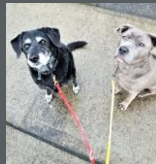


Image description: two dogs, one black and one grey, on leashes for a walk.



Image description: an empty trail or path to walk on.

Walk your dogs around the neighborhood or out in nature.

(Note: Remember to check if the natural area is open. You always want to follow rules, they are there for everyone's safety.)



Call or text
someone you
care about.



Image description: cartoon of a woman on the phone with a speech bubble by her.



Mail a card to someone
special to help brighten
their day.



Image description: front of a greeting card that has a picture of a dog and butterfly.



Gather people together online.



Host an online movie night and discuss it afterwards.

Try using
www.Netflixparty.com



Image description: popcorn, a DVD disc and a take action director sign.



Host a virtual happy hour with friends or co-workers.



Image description: eight UCEDD staff having a virtual meeting wearing silly hats.



Gather friends virtually and play board games or card games using Zoom or Skype.



Image description: four games on the floor including: Rack-o, Cribbage, Jumbo playing cards, and Bacon-opoly.



Self-care is important.



Ask for help.

This is not a
weakness and
people want to
help.



Image description: a drawing of an umbrella that says self-care. Above the umbrella are raindrops and below is a bright yellow light.



Color a picture, write a poem, letter, or song for someone meaningful in your life.



Image description: coloring book with a goddess on the page and colored pens.



Write 5 things that you like to do. When you are feeling down pick one of those items.

You can also ask a friend for support and see if they will do the activity as well.

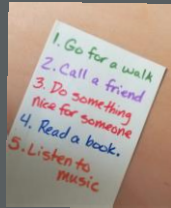


Image description: a handwritten gratitude list.



Ask a friend to write a gratitude list with you.

Write 2-4 items daily and send it to each other.

You can do this by text, email, or call each other.

I am grateful for:

1. my family
2. it was sunny today
3. that my friend called me

Image description: a post-it note with three things to be grateful for.



Online social connection apps

You can choose one of these apps that work for your phone or computer to access chat rooms and visit with your friends, families, and coworkers.

- Zoom
- Google Hangouts
- Google Duo
- What's App
- Facebook Live
- Facebook messenger
- Instagram Live
- Marco Polo
- Houseparty
- SnapChat
- TikTok
- Periscope



Virtual adventures

Museums, parks, zoos, and activities may be closed but you can still visit them virtually.

South Rim Grand Canyon – 23 min tour

<https://www.youtube.com/watch?v=L43Rdc9xW8Q>

San Diego Zoo – 1 hour tour

<https://www.youtube.com/watch?v=2Z07UxjZCoo>

Amazon Rainforest – 9 min tour

<https://www.youtube.com/watch?v=JEsV5rqbVNQ&>



Virtual adventures cont.

Glacier National Park in Montana – 18 minute tour with music

<https://www.youtube.com/watch?v=x7GkebUe6XQ>

Top 13 US National Parks – 31 minute tour

<https://www.youtube.com/watch?v=tOHZ1mcAK8s>

Splash Mountain front seat on-ride (amusement park ride 12 min)

<https://www.youtube.com/watch?v=KTji1hOICEI>

Natural History Museum Dinosaur Exhibit – 23 min

<https://www.youtube.com/watch?v=fdcEKPS6tOQ&t=739s>



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Thank You

The University Center for Excellence in Developmental Disabilities, and the Oregon Office on Disability and Health, are part of the Institute on Development and Disability at OHSU.