How to be social while physically distancing

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?
• 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.

What is social distancing?
• Stay 6 feet away from others – 2 meters is the same as 6 feet
• Work from home if you can
Why must we socially distance?

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

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

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 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!

Go outside with your pets
Walk your dogs around the neighborhood or out in nature.

Image description: two people on a path in nature with distance between them.
Image description: two dogs, one black and one grey, on leashes for a walk.
Image description: an empty trail or path to walk on.

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

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.
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

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
- WhatsApp
- 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=JE5rVq6bYNQ&

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=tOH1mcAK8s

Splash Mountain front seat on-ride (amusement park ride 12 min)
https://www.youtube.com/watch?v=KTJi1hOlCEI

Natural History Museum Dinosaur Exhibit – 23 min
https://www.youtube.com/watch?v=KdEC6P61OQ&t=739s
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.