

Staying Connected Virtually DURING CORONAVIRUS

Miss hanging out face to face while social distancing?
Video calls are a delightful – and essential – workaround.

As the coronavirus pandemic continues to keep us apart physically,
it's more important than ever to connect with loved ones virtually.

Did you know?

Spending time with loved ones can improve your health.

It can help:

- ♡ Increase your sense of belonging
- ♡ Reduce your anxiety and stress
- ♡ Boost your happiness
- ♡ Improve your self-worth



Ready to video chat with your nearest and dearest?

With so many great video call options out there, choosing the best one can be confusing.
Here's a guide to help you decide.

6 ways to socialize – from a distance	
 FaceTime	Best for Apple folks No need to download an app because it's already built in
 Google Hangouts	Best for Gmail users Easy to access from your Gmail account
 Google Duo	Best for crystal clear connections Offers a higher quality video experience
 Skype	Best for computer users It's been around forever so most know how to use it
 Messenger	Best for Facebook enthusiasts Easy to use from your Facebook account
 Houseparty	Best for playing games with pals Built-in games, like trivia, make playing easy

We're all in this together.

See helpful resources and how to get care from home at [AtriumHealth.org/Coronavirus](https://www.AtriumHealth.org/Coronavirus).