

# COVID-19

(Coronavirus)

## Social Distancing DOES NOT Equal Social Isolation

Here Are Some Tips To Stay In Touch With Family and Friends While Practicing Social Distancing:



### Host Online Game Nights

- Virtual Pictionary
- Twenty Questions
- Video Charades
- Trivia Challenges

### Invite Friends to a Virtual Dinner



over  
the phone



over video chat



**Leave Voice &  
Video Messages**  
throughout the day  
for each other



**Watch a TV Show Together**  
as you would if in the same room

**For resources on  
COVID-19, visit:**

[health.mypgc.us](https://health.mypgc.us)



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