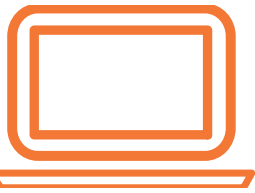




# Keeping in Touch While Social Distancing

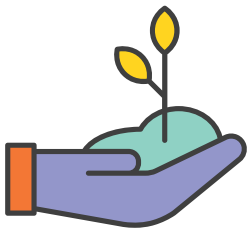
*Best Practices for keeping up  
with your friendships remotely*

## UTILIZE TECHNOLOGY



Keep in touch with your friends using social media like Instagram, Facebook, Snapchat, and TikTok, send text messages, video chat, hop on Google hangout or Skype, and even chat through a good old fashioned phone call!

## CONSIDER YOUR OPTIONS & PROTECT YOURSELF



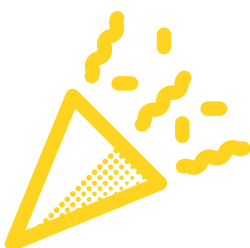
We want to empower you to make the best decision for your health and safety. Cancel plans if you are uncomfortable attending or feeling sick and be understanding if your friends do the same. Follow all CDC and WHO recommendations by washing your hands with soap and water for 20 seconds and avoid touching your face.

## REACH OUT WITH QUESTIONS!



Best Buddies staff are here to support you! If you have questions or concerns regarding your friendship, reach out - that's why we are here!

## HAVE FUN!



Remember, Best Buddies is FUN! We want to continue to provide inclusive opportunities, especially during a time when people can start to feel socially isolated. Use Best Buddies and your friends to be a positive distraction from world events.