

Remaining Connected and Engaged

Being physically isolated doesn't mean we need to be socially isolated. Human contact is necessary for mental health. There are ways to be connected while maintaining the social distancing necessary for our health.

Remaining Connected and Active

- **Human Connections Promote Overall Wellness** (PDF, 1 page) – Ways to strengthen relationships and stay connected
- **Outdoor Activities** – The **Governors FAQ** on the Safer at Home order clearly states that outdoor activities are not only allowed but are actually encouraged:
Can I go outside for walks, outdoor exercise, or to play?
Yes. You may engage in outdoor activities that meet social distancing requirements. You may travel to public and state parks for walks, hikes, and bike rides. No team or contact sports are permitted. Playgrounds may be closed.
- [The Friendship Line](#) is a resource available to seniors who are socially isolated and would like some emotional support.