



# HOW TO STAY CONNECTED DURING SHELTER IN PLACE

Create care. Be kind. Create special hellos and goodbyes.

Routines & Ritual:  
Eat together online with friends or family.

Offer your skills!

Put up a sign!

Phone someone

Start a group text!

Stay active.  
Get fresh air!

Practice self-care

Mail a letter or email to an old friend.

Share tips & resources online (take a break when needed)

Do an fun online class with friends (art, photography, wellness, etc.)

Access the library for free online

Have a video call - book club, dance party or just to say hi!

Identify 3 buddies and check in regularly

Need additional support? Talk with a SHOP Health Educator:  
[shop.ucsc.edu](http://shop.ucsc.edu)