

How to be sociable while social distancing.

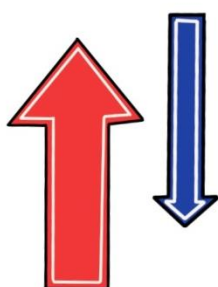


write someone a letter
or send them a card
to let them know
you're thinking about them.



KEEP YOUR HEAD UP

and walk confidently.



move out of people's way
as soon as you see them
walking towards you
so they don't feel anxious.

Keep in touch with friends + family
by phone, email or social media.



Smile back
at people when
they smile at you.



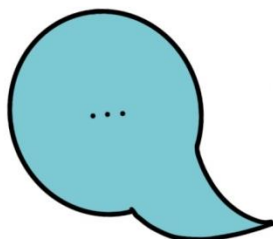
Say hello to people
and comment on the
weather.



Set up a family
quiz night, singalong or meal
via a video conferencing app.



Remember to
sometimes look at the
person you are walking beside.



Ask how people
are feeling.