

Multiple Ways to Connect With Others During COVID-19

Here are some tips for how to connect with others in a social-distancing environment. Each method offers unique features. Pick which one works best for you and your family!

Telephone and Text Messages

Exchange phone numbers! The telephone is a great way to stay connected with others. Agree upon a time to talk with each other, decide who will call who, be sure to put a reminder on your calendar, and connect with each other at the scheduled time. Use the text message feature for quick check-ins with each other.



Google Hangouts™

The [Google Hangouts™](#) application (app), available for both iOS™ and Android™ smartphones and mobile devices, is easy to install and use for free voice and video calling and video conferencing. It's available for Windows™ and Mac™ desktop and laptop computers as well, so it synchronizes across all your devices. You can even use Hangouts for texting.



Messenger Apps

Use instant messaging! Apps like [WhatsApp™](#) or [Facebook Messenger™](#) are mobile messaging apps used for instant messaging, sharing photos, videos, audio recordings and for group chats. The apps are usually free to download, can be used to communicate on your phone, but can also sync to your computer or tablet.



FaceTime™

[FaceTime™](#) is perfect for seeing and hearing people over the phone. FaceTime™ is exclusive to Apple™, so both individuals need an iPhone™, iPad™, iPod touch™, or Mac™ to use this service. The good thing about FaceTime™ is that you can use WiFi when calling, saving minutes on your cellular data plan.

Google Duo™

[Google Duo™](#) is a free video chat mobile app that enables one-to-one video and voice calls across both iOS™ and Android™ devices. Simply download the Duo™ app and get started using video calling regardless of what kind of smart phone you have. It's also available via Google's Chrome™ web browser on desktop and laptop computers.

Email

Email is another way to stay in touch with each other, especially if you would like to share information and resources that can be found on the Internet. Don't forget the old-fashioned practice of mailing a letter. Consider writing and sending a letter to remain connected.



The platforms referenced in this document do not constitute product endorsement, but rather serve as instructional tools for the benefit of ESRD patients.

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