

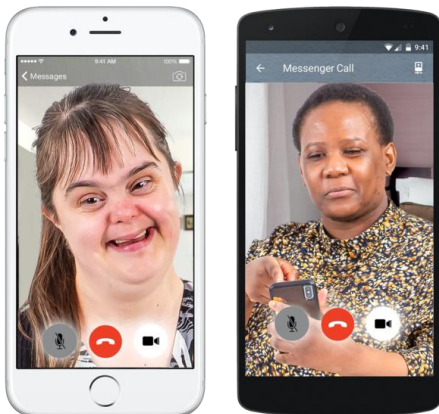
HOW TO KEEP IN TOUCH USING TECHNOLOGY



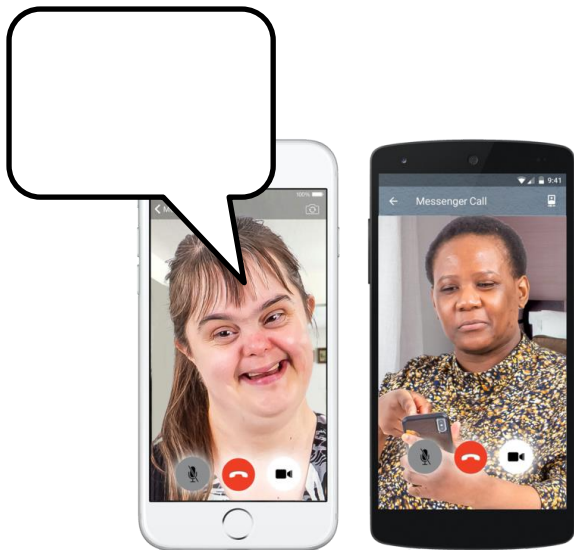
During social distancing
it can be hard to keep in
touch with your loved
ones.



Here are **some ideas** how
you could **stay in touch**
with your family and
friends without meeting
them:



VIDEO CALLS



Video calls are a great way to **speak** to your loved ones and **see** their faces.



To do video calls, you need an **internet connection** and a **camera** on your phone, tablet or computer.



Here are some apps you could use for video calling:



ZOOM



Watch this [video](#) to learn to use Zoom or check out our **Easy Read guide**.



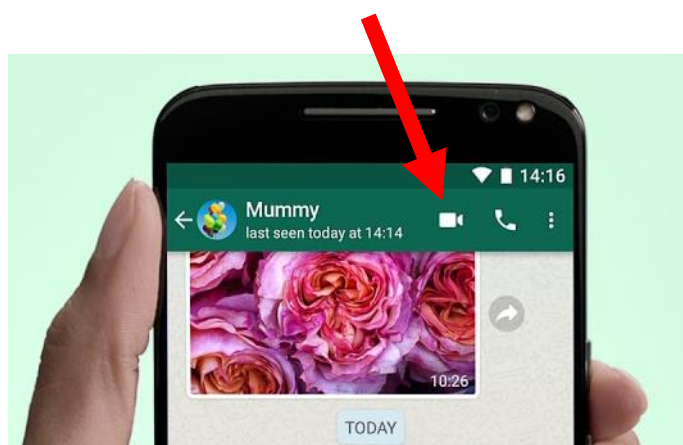
SKYPE



Check out our **Easy Read guide** to learn to use Skype.



WHATSAPP



To video call someone using WhatsApp, open a chat and click on a **video icon** next to their name.



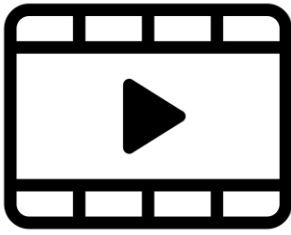
MESSAGES OR CALLS



You can also **message** or **call** your loved ones or even set up **group chats**.



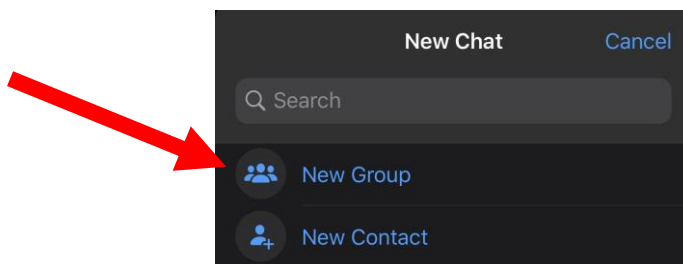
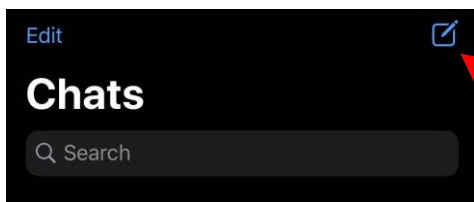
WHATSAPP GROUPS



You can share **pictures** and **videos** on WhatsApp.



You can set up a **WhatsApp group** to chat and share with all of your loved ones at the same time.



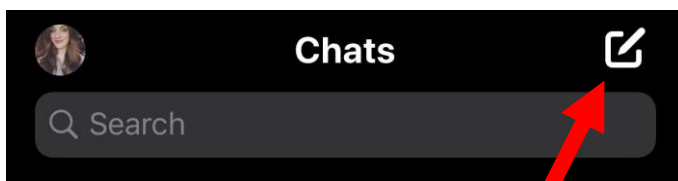
To do this click **compose icon** and then click '**New Group**'. Select all the people you wish to be in your group.



FACEBOOK MESSENGER



You can **chat in groups** with your loved ones on **Facebook Messenger**.



Click on **compose icon**, then tick all the people you want to start a group chat with.