

# Staying Connected during the COVID-19 Pandemic

## FACE-TO-FACE TECHNOLOGY



### FaceTime

can be used over Wi-Fi or over cellular or supported iPhones and iPads.



### Skype

Can be used on a desktop, mobile phone, tablet, or Xbox.



### Hangouts

can be used on a desktop, mobile phone, or tablet.



### WhatsApp

offers secure messaging and calling for free. You can access it by downloading the app on Android, iPhone, Mac, or Windows PC (requires an active phone number).

### Viber

can be used on a desktop, mobile phone, or tablet (requires an active phone number).



## SOCIAL NETWORKING TECHNOLOGY



### Facebook

is a way to connect with friends, family, and other people you know. Share photos and videos, send messages and get updates.



### Instagram

is a simple, fun, and creative way to capture, edit, and share photos, videos, and messages with friends and family.



### Twitter

shares a variety of information from breaking news and entertainment to sports and politics. Get the full story with all the live commentary.

## FREE VIRTUAL EVENTS AND RESOURCES

**Calm** is offering free resources at [www.calm.com/blog/take-a-deep-breath](http://www.calm.com/blog/take-a-deep-breath)

**John Legend and Jann Arden** have been offering free live concerts on Instagram

**Choir, Choir, Choir** has been offering free singalongs on Instagram

**The Metropolitan Opera** has free performances at [www.metopera.org](http://www.metopera.org)

**Berlin Philharmonic** 30-day access using code "BERLINPHIL" by Mar. 31 at [www.digitalconcerthall.com](http://www.digitalconcerthall.com)

**Detroit Symphony Orchestra** Stream past shows for free at [www.livefromorchestrahall.vhx.tv](http://www.livefromorchestrahall.vhx.tv)