



First Nations Health Authority
Health through wellness

Connecting With Technology During COVID-19



HOW TO CONNECT SAFELY

You may not be able to embrace your loved ones physically but that doesn't mean you're completely isolated. Following COVID-19 safety protocols does not have to mean social isolation.

Technology can be considered a gift from the Creator, allowing us to stay safe while staying connected and teaching in a way we haven't had the opportunity to before. Reach out as much as possible via phone, text, Skype or Zoom to connect with family and friends. Create a virtual get-together with your family and friends to keep them safe during this trying time. Here are some free apps that can help to keep you connected:

SKYPE



Skype enables people to make and receive free voice and video calls over the internet using a computer, web browser or mobile phone.

<https://www.skype.com/en/>

[Skype for iPhone on the App Store](#)

[Skype - free IM and video calls](#)

WHATSAPP



Message your friends and family for free. WhatsApp voice and video calls use your phone's Internet connection instead of your cell plan's voice minutes, so you don't have to worry about expensive calling charges. With group chats, you can share messages, photos, and videos with up to 256 people at once.

<https://www.whatsapp.com/download>

[WhatsApp Messenger](#)

[WhatsApp Messenger on the App Store](#)

ZOOM



Zoom is a cloud-based video conferencing service you can use to meet with others virtually – by video, audio-only or both – all while conducting live chats. Also, Zoom lets you record your sessions to view later.

<https://zoom.us/docs/en-us/covid19.html>

THINGS TO DO WHILE CONNECTING VIRTUALLY

- Share cultural songs and stories
- Research and share cultural messaging for staying well during the pandemic. For example, [Chief Joseph sends a message to all, in light of COVID-19: https://vimeo.com/400096011](https://vimeo.com/400096011)
- Crafts
- Make a family video and send it to your loved ones
- Have meals together
- Watch a movie together
 - Don't have cable or Netflix? Check out the National Film Board of Canada. You can watch over 4,000 documentaries, animations and feature films on your smartphone or tablet for free. <https://www.nfb.ca/apps/>
- Start a book club
- Take a virtual tour together: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>



OTHER WAYS TO CHECK IN

If your relative doesn't have tech, make regular phone calls to check in and see how they're doing. Many of our Elders still love to receive phone calls from their family members. Take the time to actually dial their number and talk to them. It will give your family members joy to hear from you and know that they are loved.

Come together as a community to develop a "buddy system" for ensuring less socially connected community members have someone contacting them to check-in. Ask friends, family members, or neighbours if they need anything, such as groceries or other household items. Simply checking in regularly by phone, text, or video call can make a big difference.