

# COVID-19 & Older Adults



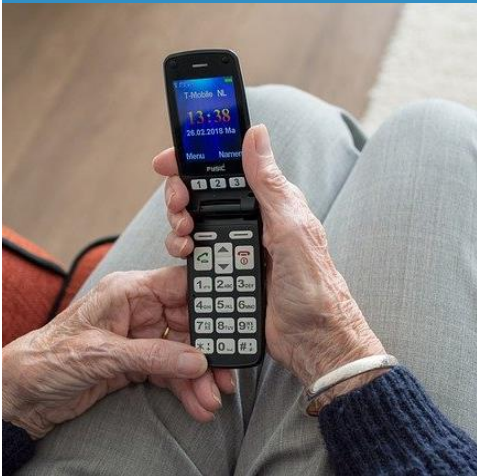
Feeling the blues lately? You are not alone! Here is what to do about it.

## Fighting Senior Isolation While Social Distancing

Dealing with a health threat is stressful. It is important to remember that, although we are physically apart from many of our loved ones, we are not alone! In times like these, technology can be helpful in connecting us to others.

- Maybe you would like to learn about technological options for video calls. Now is a great time to learn about video chatting, talk to your family and friends to discuss options!
- Not sure how to do a video chat? A phone call is great, too! Hearing another person's voice on the other end of the line can be a very reassuring reminder that we are all in this together.

No matter how you choose to connect remotely with your friends and family during this time, reaching out is important! Make it your goal to communicate with someone you care about today.



***Ocean County Health  
Department COVID-19***

***Call Line:***

***732-341-9700 x7411***

***Ocean County Senior  
Services:***

***732-929-2091***

***Need to speak to a crisis  
counselor?***

***Disaster Distress Hotline:***

***Call***

***1-800-985-5990,***

***or text***

***TalkWithUs to 66746***