Connecting Face to Face in a Virtual World

Recently, millions of Americans have stated working from home remotely in the interest of limiting the spread of Coronavirus. Being stuck at home can prompt feelings of loneliness and isolation. Use the following strategies to connect with your network in the most personal way possible, while keeping your distance.

FaceTime

To make a FaceTime call, you need the person's phone number or registered email address. There are a few ways to make a FaceTime call:

- In the FaceTime app, tap the plus button ＋ and type the person's phone number or email address. Tap the number or address, then tap Audio 📞 or Video 📹.
- If you have the person's phone number or email address saved in your Contacts, you can start typing their name and tap the name when it appears. Then tap Audio 📞 or Video 📹.
- You can also start a FaceTime video call from your iPhone during a phone call. Tap the FaceTime icon in the Phone app to switch to FaceTime.

Facebook Messenger (video)

You can call one person, or make group calls.

To voice call one person or a group:

- From 💬 Messenger, search or open a conversation with the person or people you want to voice call.

- Tap 📞 .

Once you've started a voice call, you can make it even more personal by tapping 📹 to make it a video chat. Keep in mind that you may not be able to call people if their phones aren't connected to the Internet.

Zoom Call

Register for a free zoom account here: https://zoom.us/pricing

- Unlimited 1 to 1 meetings
- 40 minute limit on group meetings
- Unlimited number of meetings

If video chatting isn't for you, just pick up the phone and **call/text** your network!