

# How to Be Socially Distant Without Being Socially Isolated

Zoom: Download Zoom at <https://zoom.us/>, create your account, then email an invitation to join in a video conference call.

<https://support.zoom.us/hc/en-us/articles/201362613-How-Do-I-Host-A-Video-Meeting>

Skype: Message fellow Skypers and make video and audio calls from your computer or laptop.

<https://support.skype.com/en/skype/all/start/download-install/>

WhatsApp: Download the free messaging app on any smartphone to video-chat with others.

<https://faq.whatsapp.com/en/iphone/26000028>

FaceTime: Make video and audio calls from your iPhone, iPad, or Apple computer. <https://support.apple.com/en-us/HT204380>

Facebook Messenger: Use your Facebook account to video-chat with anyone else who has a Facebook account.

[https://www.facebook.com/help/287631408243374/?helpref=hc\\_fnav](https://www.facebook.com/help/287631408243374/?helpref=hc_fnav)

