

Stay Connected

Ways to see and hear the people you love when you cannot be with them

Increased levels of anxiety and stress are very prevalent among those who have become isolated due to social distancing measures in place to prevent the spread of coronavirus. To minimize the social isolation being felt, you can increase non-physical social interactions through the following electronic means:

- **FaceTime** – A video calling app that is pre-installed on your iPad. This is an easy way to connect with others who also have Apple devices like an iPhone, iPad or Mac computer.
- **Zoom** – A great way to connect with one or many people at the same time no matter what type of phone, tablet or computer you have.
- **Skype** – Works for people using any kind of mobile phone, tablet or computer. The Skype app must be manually downloaded.

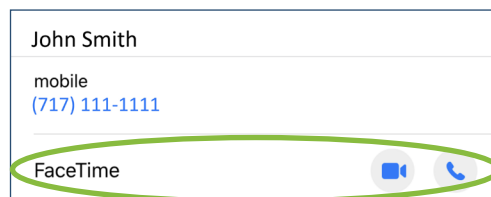


Reminder: FaceTime is free, but can only be used to video call people who also have FaceTime.

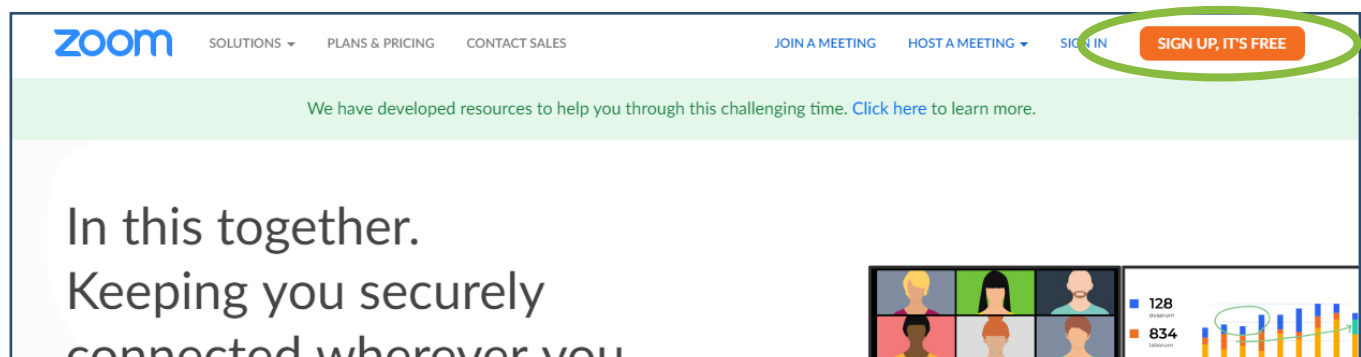
1. Tap your **Contact** button on your home screen.
2. Select the person you would like to FaceTime.



3. Tap the **FaceTime** button.



1. Go to the zoom.us and tap the **SIGN UP, IT'S FREE** button.



2. Type your birth date.

For verification, please confirm your date of birth.

3. Type your email address. Zoom will email you a link to complete the sign up process.

Sign Up Free

Your work email address

Zoom is protected by reCAPTCHA and the [Privacy Policy](#) and [Terms of Service](#) apply.

Already have an account? [Sign in.](#)

4. Login to your email and open the email from Zoom. Tap the blue **Activate Account** button in the email.

Welcome to Zoom!

To activate your account please click the button below to verify your email address:

Or paste this link into your browser:

<https://zoom.us/activate?code=uEF5LqT-THfSY9ImqPEmaxdNKX7k7EpmYafxVMzBcBQqAAAFx0EIQyQAnjQAJanJpY2hhcmRzb25Ac3Bpcm0cnVzdGx1dGhlcmlmLm9yZwEAAZAAAFJExeHMzeHINUUdXdUFRcWhkXZVwTUeAAAAAAAAAAAA&fr=signup>

Questions? Please visit our [Support Center](#).

Happy Zooming!

5. After you have tapped on the Activate Account button in the Zoom email, you will be redirected to the Zoom webpage to complete a form. Type in your **first and last name** in the corresponding boxes. Enter your **password** in the password box. Click **Continue**.

Welcome to Zoom

Hi, jri***@***.org. Your account has been successfully created. Please list your name and create a password to continue.

By signing up, I agree to the [Privacy Policy](#) and [Terms of Service](#).

6. After you have completed and submitted the form on Zoom's website, Zoom will ask you to invite your colleagues. Feel free to skip this step because it is not required. Tap the **skip this step** button to skip this step.

Don't Zoom Alone.

Invite your colleagues to create their own free Zoom account today! [Why invite?](#)

name@domain.com

name@domain.com

name@domain.com

[Add another email](#)

I'm not a robot

reCAPTCHA
Privacy Terms

Invite Skip this step

7. Zoom will then offer a test meeting. You are not required to do a test meeting, but it is a great way to familiarize yourself with Zoom and test your video and audio capabilities. You can choose to skip this task and go directly to your Zoom account. Tap the **Go to My Account** button.

Start your test meeting.

Excellent! Now it's time to start meeting.

Your personal meeting url:
[https://zoom.us/j/4018560294?
pwd=VVZSQ1RBV1J0dEZpeEM0SGNLK2dWdz09](https://zoom.us/j/4018560294?pwd=VVZSQ1RBV1J0dEZpeEM0SGNLK2dWdz09)

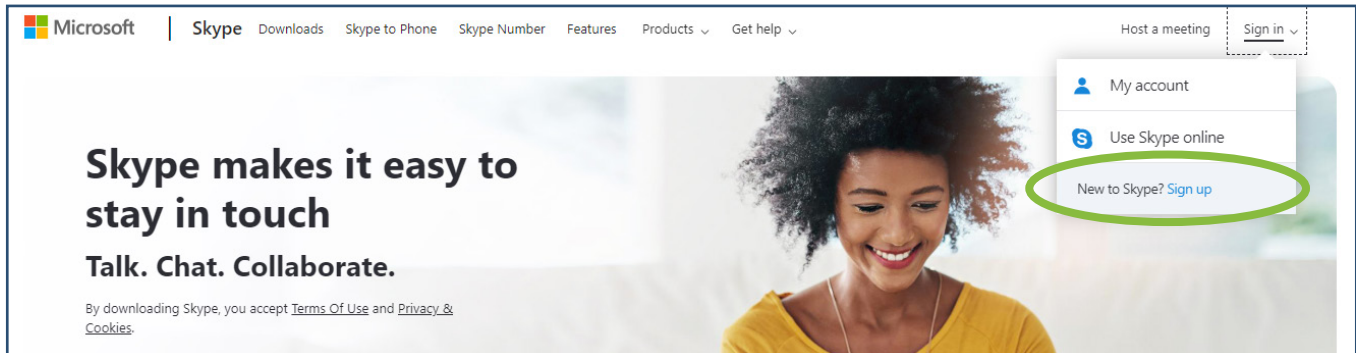
Start Meeting Now Go to My Account

8. Now that you have created an account you are ready to accept a Zoom meeting email invitation.

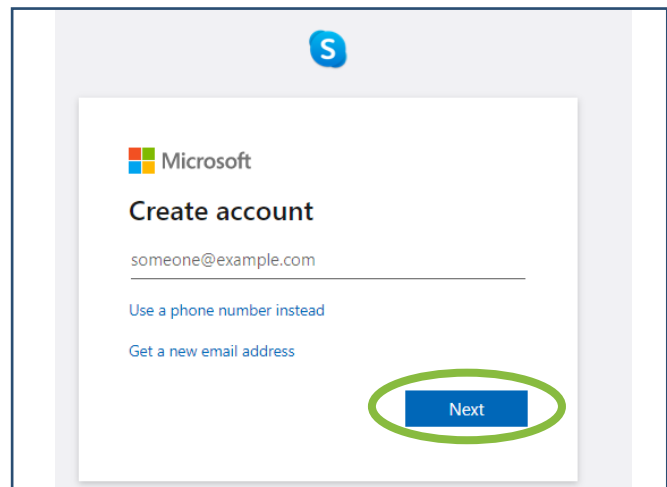
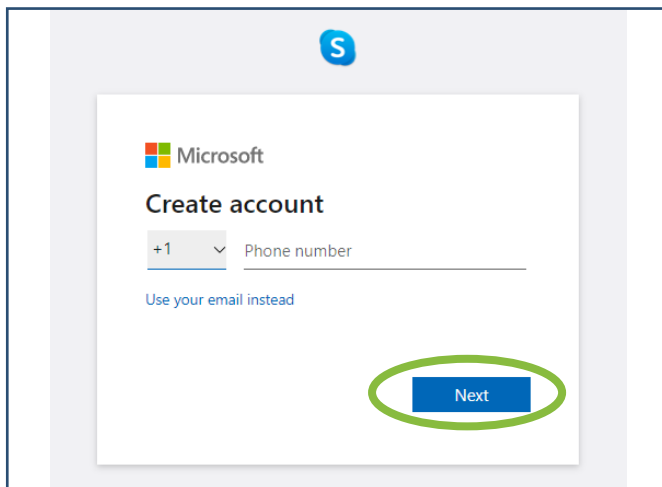
☆ ✉ Sender's Name Here Invitation: The "Name" of the Meeting - with the name of the person who invited you



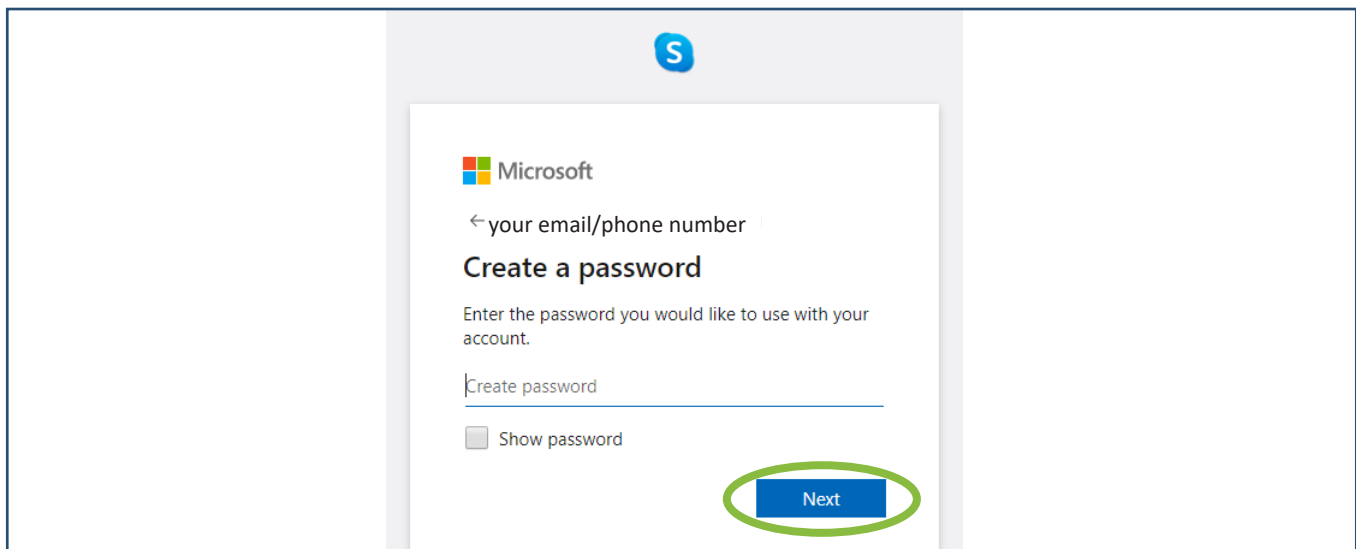
1. Go to www.skype.com. In the box to the right look for New to Skype? and click on **sign up**.



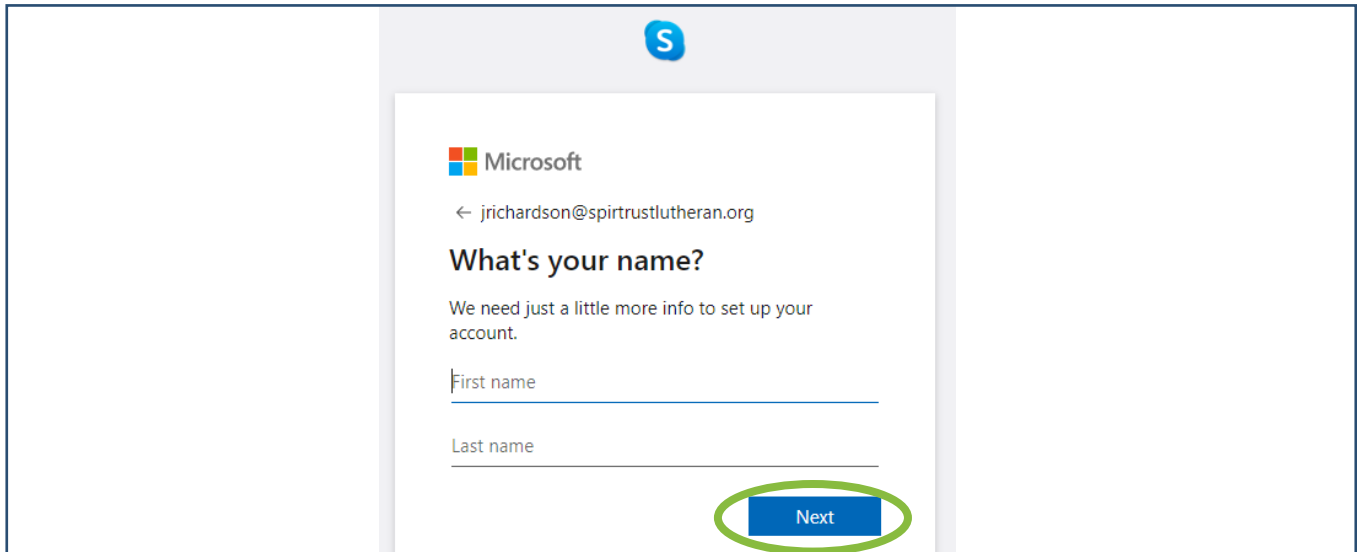
2. If you have a **mobile phone number** you may type it in this form. You also can tap on **Use your email instead** to create an account with your email. Click **Next**.



3. Create a **password**. Your email or phone number will be displayed at the top of the form. Click **Next**.

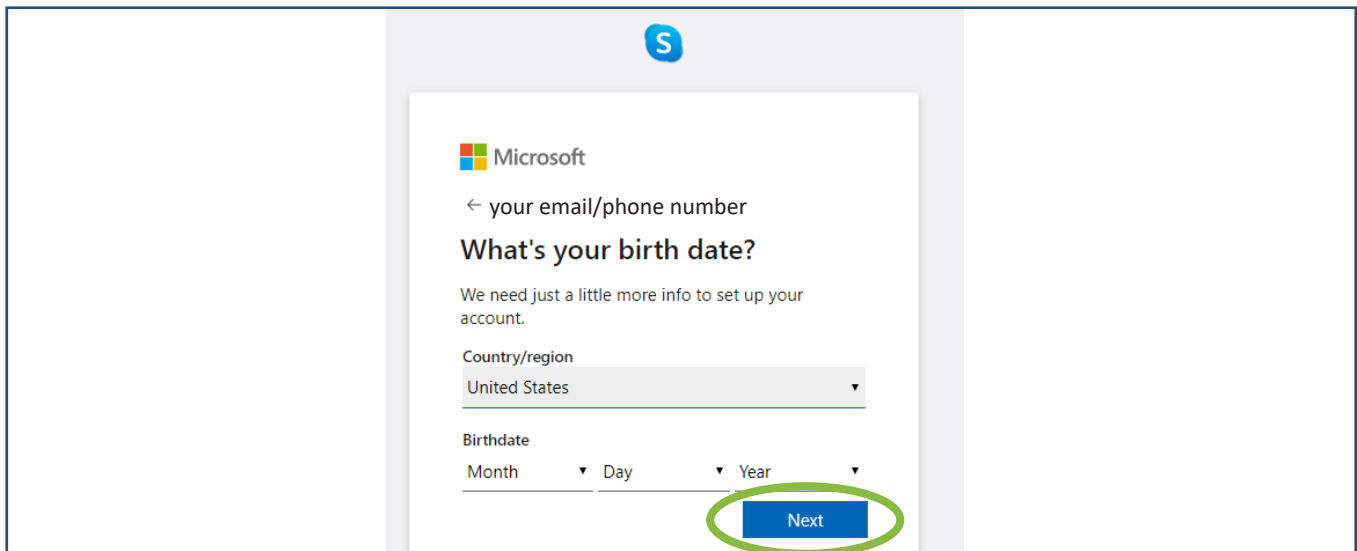


4. Type your **first and last name** then click **Next**.



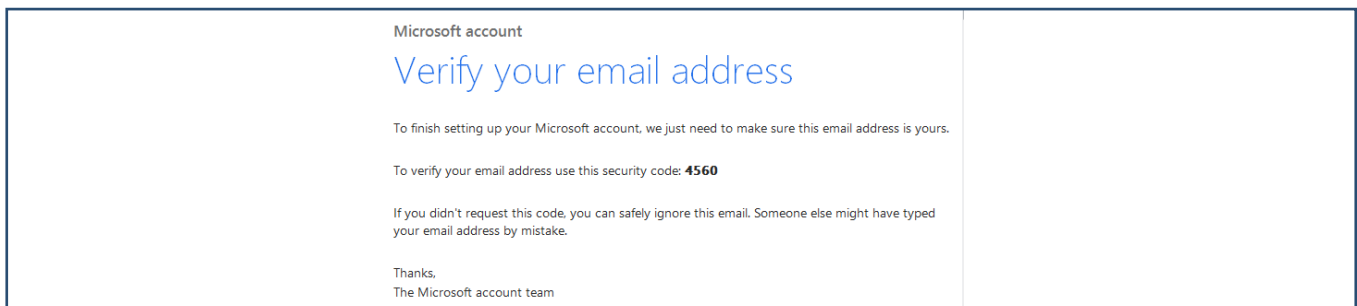
The screenshot shows the Microsoft account creation interface. At the top, there is a blue 'S' logo. Below it, the Microsoft logo is displayed. The email address 'jrichardson@spirustrutheran.org' is shown with a back arrow. The main heading is 'What's your name?'. Below this, a message states: 'We need just a little more info to set up your account.' There are two input fields: 'First name' and 'Last name'. A blue 'Next' button is located at the bottom right, circled in green.

5. Select your **country of residence** and enter your **date of birth**. Click **Next**.



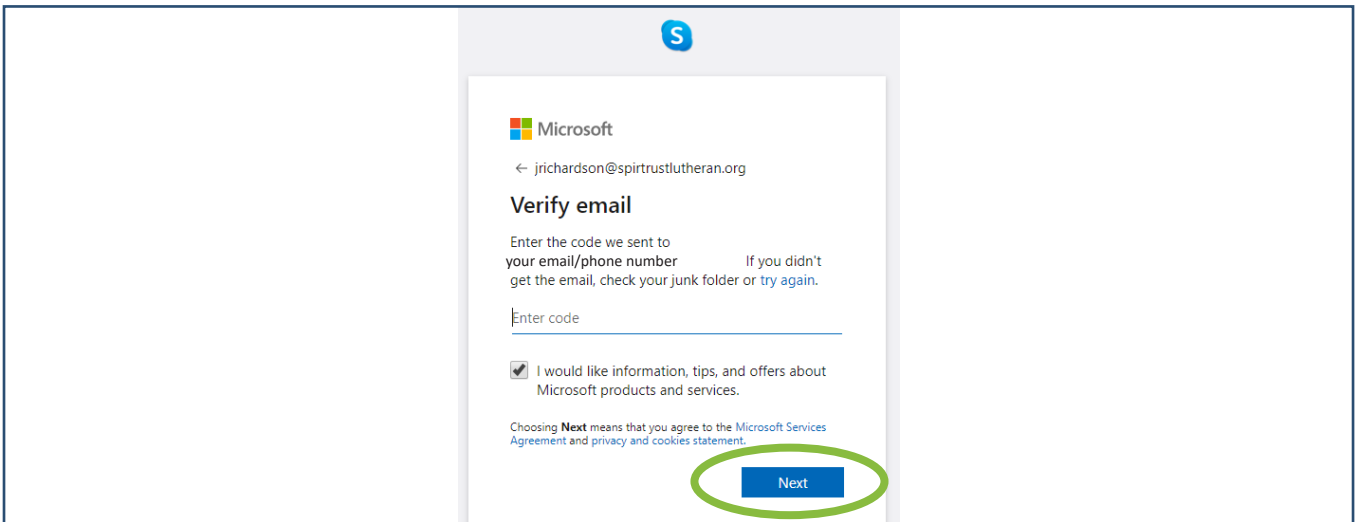
The screenshot shows the Microsoft account creation interface. At the top, there is a blue 'S' logo. Below it, the Microsoft logo is displayed. The email/phone number 'your email/phone number' is shown with a back arrow. The main heading is 'What's your birth date?'. Below this, a message states: 'We need just a little more info to set up your account.' There is a 'Country/region' dropdown menu with 'United States' selected. Below that is a 'Birthdate' section with three dropdown menus for 'Month', 'Day', and 'Year'. A blue 'Next' button is located at the bottom right, circled in green.

6. Depending on whether you used your phone number or your email address to sign up, Skype will send you a **confirmation code**. Below is an example of what you would receive through your email.



The screenshot shows an email verification message from Microsoft. The header reads 'Microsoft account' and 'Verify your email address'. The main text says: 'To finish setting up your Microsoft account, we just need to make sure this email address is yours. To verify your email address use this security code: 4560'. Below this, it states: 'If you didn't request this code, you can safely ignore this email. Someone else might have typed your email address by mistake.' The footer reads: 'Thanks, The Microsoft account team'.

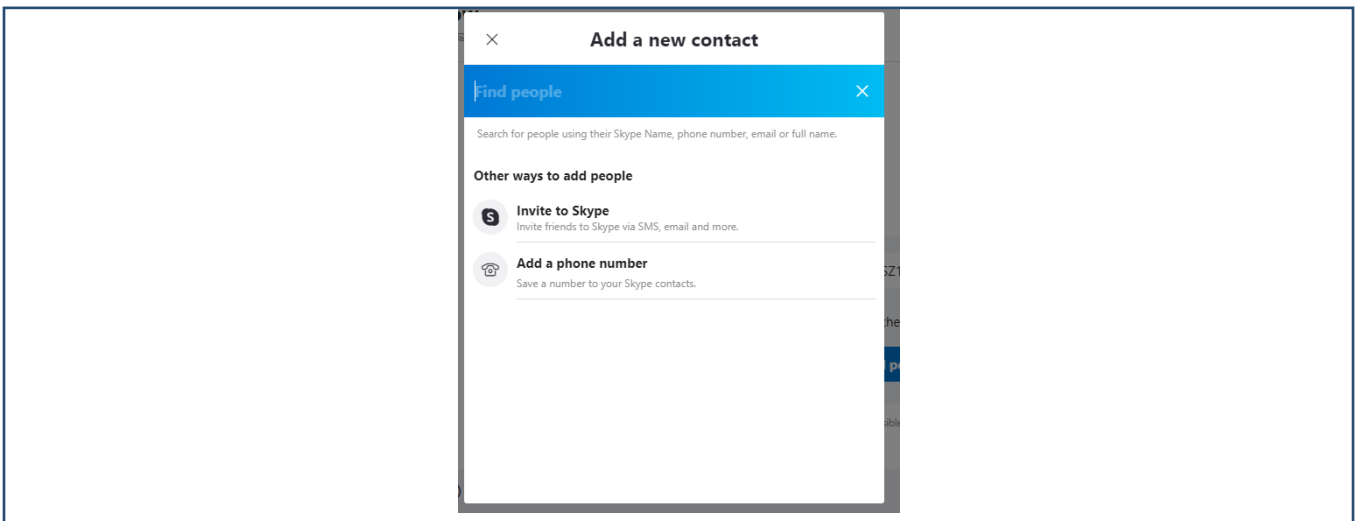
7. Enter the **code** you received in your email or through text then click **next**.



8. You now have created your Skype account. To add a contact to your contact list click **New Contact**.



A form will pop up for you to add new contacts by searching their Skype name, phone number, email or full name.



9. Select the contact of the person you want to Skype. Tap on the **camera icon** to make a video call. To make an audio call without video, tap on the **phone icon**.

