

# Social Isolation & Loneliness During COVID-19

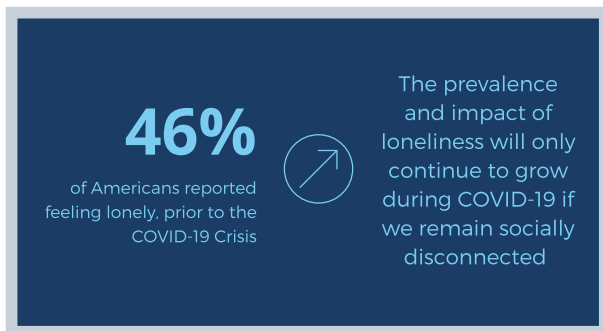
HOW TO STAY SOCIALLY CONNECTED WHEN INTENTIONALLY ISOLATED.

## WHAT IS SOCIAL ISOLATION AND LONELINESS?

**Social isolation** occurs when an individual does not have adequate opportunities to interact with others; **loneliness** is a subjective experience stemming from the perception of not having enough social relationships or contact with other people. Both are detrimental to one's health and wellbeing.

## SOCIAL ISOLATION & LONELINESS ON HEALTH OUTCOMES

**Research shows** social isolation and loneliness are associated with a 29 percent and 26 percent increased risk of mortality, respectively, comparable to that of obesity and cigarette smoking. Other studies have found that social isolation and loneliness are strongly related to poor health outcomes, especially poor mental health outcomes, such as anxiety, depression, and suicidal thoughts..



## PHYSICAL DISTANCING DURING COVID-19: THE RISK OF LONELINESS

While it remains critical that we honor physical distancing requirements to combat the spread of COVID-19, it is equally important that we remain socially connected with our friends, family, colleagues, and community to prevent the negative health outcomes caused by being socially isolated and lonely.

## HOW TO STAY CONNECTED

The Coalition to End Social Isolation & Loneliness recommends the following actions to help remain socially connected and combat the effects of isolation:

- **Connect Virtually** - connect with colleagues, family, and friends over virtual platforms
- **Maintain a Well-Balanced Lifestyle** - eat healthy, exercise, meditate, and maintain a daily routine
- **Help a Neighbor** - With precaution, help run an errand for a neighbor
- **Stay Positive** - focus on the altruistic reasons for physical distancing and disease prevention

**The Coalition to End Social Isolation & Loneliness** brings together a diverse set of national organizations including consumer groups, health plans, health care providers, technology innovators, patient advocates and more to develop and advocate for federal policy solutions to address the epidemic of social isolation and loneliness. For more information, please visit: [www.endsocialisolation.org](http://www.endsocialisolation.org), our COVID-19 Resource Center at [www.endsocialisolation.org/COVID-19](http://www.endsocialisolation.org/COVID-19) and @EndSocIsolation on Twitter.