Stay connected to supportive people. Schedule video chats with friends you cannot see in person to increase positive social interactions on a regular basis.

Connect to LGBTQ online spaces and media if you are feeling isolated. Check out LGBTQ-specific content on Tumblr, discussion groups, books, movies, and/or TV shows. Staying connected to supportive content and online spaces can help remind you that you are not alone.

Delay talking about difficult topics with your family right now. You may want to have these talks when people feel less stressed. Take breaks away from unsupportive people in the home.

Practice being kind to yourself. Recognize your strengths and turn down the negative self-talk.

Try to focus on the things you can control or influence. For example, choose to stick to a sleep routine, do something kind for another, practice a hobby.

Practice safe sex with consideration of physical distancing recommendations. Your safest sex partner right now is yourself. Call your local community clinic (e.g. APLA Health, Planned Parenthood, LA LGBT Center) to arrange STI testing.

Take medications as prescribed. For example, PrEP and birth control must be taken DAILY to be effective. Ask your doctor/clinic for refills when you need them. Talk to your doctor/clinic about Telehealth (video) appointments.

Ask your doctor about safe binding practices if you are ill. It is important to listen to your body, especially if you have respiratory symptoms such as a cough or shortness of breath.

Maintain healthy habits. Routines help reduce anxiety and stress. Keep them simple and stick to them!

- Move your body once a day
- Get fresh air
- Keep a regular eating schedule
- Avoid screen time in the evenings
- Stick to a regular sleep schedule
- Schedule pleasant activities each evening that do not require a phone, tablet, or computer screen