

## CHANGES IN CONTACT WITH FAMILY AND FRIENDS

1. BEFORE the COVID-19 outbreak, in a typical week, how often were you in contact with family and friends not living with you by:

	At least daily	A few times a week	About once a week	Less than once a week	Never
a. Phone calls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Emails, texts, or social media messages. <i>This includes Facebook messages.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Video calls. <i>This includes Zoom, FaceTime, and other online videos.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. In person visits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**2. DURING the COVID-19 outbreak, in a typical week, how often have you been in contact with family and friends not living with you by:**

	At least daily	A few times a week	About once a week	Less than once a week	Never
a. Phone calls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Emails, texts, or social media messages. <i>This includes Facebook messages.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Video calls. <i>This includes Zoom, FaceTime, and other online videos.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. In person visits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**3. DURING the COVID-19 outbreak, in a typical week, how often have family members or friends given you advice, encouragement or emotional support?**

- At least daily
- A few times a week
- About once a week
- Less than once a week
- Never

**4. DURING the COVID-19 outbreak, in a typical week, how often have you given family members or friends advice, encouragement or emotional support?**

- At least daily
- A few times a week
- About once a week
- Less than once a week
- Never

