



SOCIAL DISTANCE AND TECHNOLOGY

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by Jeff Bohr

The COVID-19 that is affecting the world now is something that we have not seen before, and the ways we deal with a threat such as this are quite different. 'Social Distance' has become a term used to describe a physical bubble around each person to protect them from exposure to possible contagions. Since more of us are staying inside these days, let's take a look at how you can remain safe and intellectually active while maintaining a safe social distance. Remember, if you are not going to the grocery store or your doctor's office, you should be staying home during this period.

Technology has given us communication tools that we occasionally use, such as FaceTime, Skype and Zoom. It is time to start using these tools for daily interactions with those outside the personal space we are occupying. Using FaceTime to contact family members and friends, you can include up to 32 participants at once. FaceTime is built into every Apple device. Zoom, which can be installed on any device or accessed via the web, can handle up to 100 participants. Go to zoom.us to start or join a meeting, or you can install zoom on your computer or device. Skype calls can handle up to 50 participants, and you can install skype from skype.com. Using iMessage on a Mac or TeamViewer, you can easily share your screen for remote support. Using these technologies, you can have a group or family meeting on demand and make the decisions that would normally be made in person around a table. Use the tools as a substitute for board meetings or other gatherings and all participants will be safer! Remember, never give access to your screen to anyone that you do not know, the scam artists are in full force during this crisis!

Using remote technology to replace face to face meetings will help prevent an immeasurable amount of infections and exposure to potential infection.

Another way to manage your safety during these times is to make sure the devices that you use have been cleaned and disinfected on a regular basis. Depending on the device, there are different methods available. Here are a few ways to clean your devices:

Always shut down the device or computer before using any of these cleaning methods.

iPhone, iPads and similar devices: From Apple: Using a 70 percent isopropyl alcohol wipe or Clorox Disinfecting Wipes,



you may gently wipe the exterior surfaces of your iPhone. Don't use bleach. Avoid getting moisture in any openings, and don't submerge your iPhone in any cleaning agents. Do not use any harsh cleaning materials or abrasive materials to clean the glass on your devices, it could permanently damage the screen.

Don't use window cleaners, household cleaners, compressed air, aerosol sprays, solvents, ammonia, abrasives, or cleaners containing hydrogen peroxide to clean an iPhone or iPad.

Laptops and desktop computers: From Apple: When cleaning the outside of your computer, first shut down your computer and unplug the power adapter. Then use a damp, soft, lint-free cloth to clean the computer's exterior. Avoid getting moisture in any openings. Do not spray liquid directly on the computer. Don't use aerosol sprays, solvents, abrasives, or cleaners containing hydrogen peroxide that might damage the finish. To clean the screen on your computer, first shut down the computer and unplug the power adapter. Dampen a soft, lint-free cloth with water only, then use it to clean the computer's screen. For keyboards, use a damp, soft, lint-free cloth. You can also turn a separate keyboard upside down and shake it (be prepared to be shocked and only do this over a trash can!)

By keeping yourself connected while isolated, you can ensure that your health will remain a priority while still getting work done! Use the technology available to communicate and stay in touch with family, friends and coworkers.