


Staying Safe from the Virus

A COVID-19 Social Narrative



I am hearing a lot of people
talk about COVID-19.





COVID-19 is a virus.
Viruses make people sick.

COVID-19 can give people:



A cough

A fever

A sore throat

Breathing problems

The good news is that everyone is working together to help stop COVID-19!



I can be a helper too!



I can wash my hands a lot
to keep them clean!



When I do a good job washing my
hands the germs come off of my hands!

I can help to stay clean and safe if I wash my hands before I touch my nose, eyes, mouth or face.



1.



2.



3.

Then I will wash my hands again after.
Lots of washing!

If I see people I know then I can wave instead of giving them a handshake, high five or fistbump.



Waving is friendly and it doesn't spread germs!



I can help by using “social distancing.”



This just means that my family and I are going to stay home as much as possible. We will try not to be around a lot of other people.





Some schools are closed.

This is so students can stay home and keep themselves away from lots of other people.





My therapy may be done on the computer now.
My parents and therapists will work together so I
can learn at home.



I will stay home as much as I can.



I'll try to only leave if we need to go to the grocery store, if we need to go to the doctor, or for exercise.

If I go outside then I will stay at least 6 feet away from other people.



That's like six rulers away!

I see some people wearing a mask. That is to help keep germs out of the air if people cough.



If I get a cough then I can wear a mask too.

Now I know what to do:

Wash my hands a lot.

Try to say home as much as I can.

Stay at least 6 feet away from people I
don't live with.



It can be hard to stay away from my friends and other fun places, but I know that I am helping to keep myself and other people safe.



I'm a great helper!





DISCOVERING THE ABILITY IN EVERY CHILD