Corona Virus, A Social Story

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There are a lot of people in the world getting sick right now. It's caused by a virus called the Coronavirus.

This sickness makes people cough a lot and can make it hard for people to breathe.

It may sound scary but a lot of people who get sick get better and are okay now.

Doctors, nurses, and other healthcare workers are working so hard each day to make everyone healthy.

I can stay healthy by washing my hands with soap and water for 20 seconds or singing the ABCs when I wash my hands.

I can cover my mouth when I cough, and use tissues to blow my nose.

I should try hard not to shake hands with people, even though it is a nice greeting.

Instead, I can wave, smile, or give an air five to someone to say hello.

People who get sick should stay home.

Even people who are not sick should stay home and away from other people as much as they can.

This helps other people avoid getting sick.

I can't go out to eat at my favorite restaurants, go to the park, my friend's house, or even to church with my family. Everything is closed down right now.

It is important to help people stay home. This is called **"social distancing" or "physical distancing."**

This means we need to say away from each other for now to help our friends and family stay healthy.

I can't go to school right now either. Having a lot of friends close to each other makes it hard to keep everyone healthy. We all share germs when we are close to each other.

My teachers are working hard to help me learn from home until it gets safe for us to be close to each other again.

I miss my teachers and friends, and it feels strange to not go to school every day.

Sometimes I feel very angry and upset because I can't go to school right now.

My therapists are doing the same things as my teachers are at school.

Some therapists are doing sessions through iPads and computers to help us stay healthy.

It feels weird sometimes but everyone is doing their best to make it safe for me.
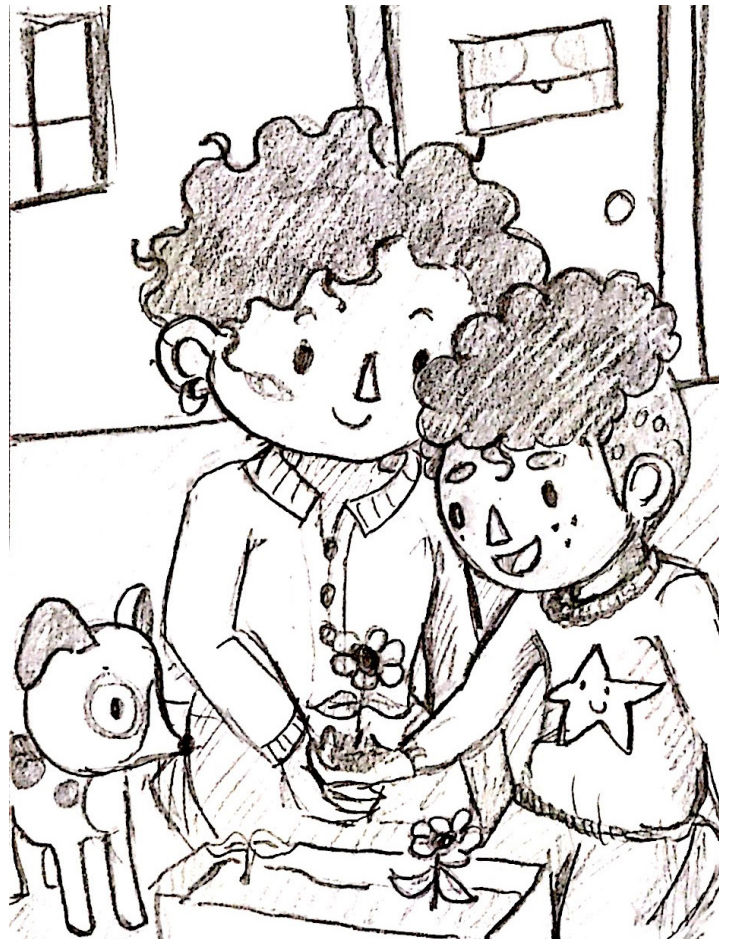
It can feel lonely sometimes to be away from friends and school but we can do other things to make us not feel so sad.

We can call our friends. We can use apps like FaceTime, Skype, or Zoom to see them too.

We can play in our homes and in our backyard, and spend time with our families to make us feel less lonely.

These things may seem different but it is just for a short time.

When the Coronavirus goes away, everything will go back to normal.