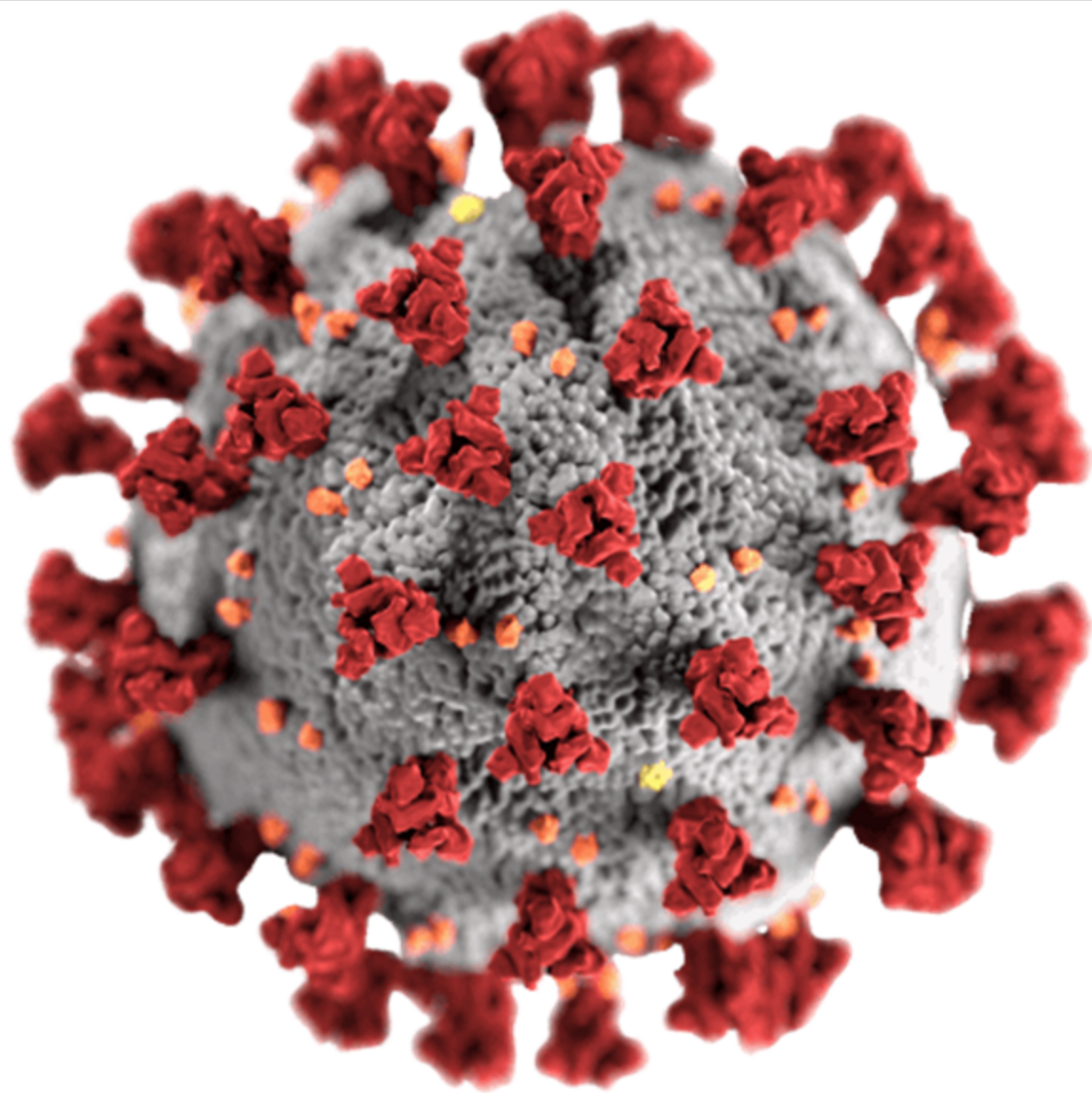


# All About Social Distancing





**A lot of people are talking about a new virus called  
COVID-19 or Coronavirus.**



**Everyone is working hard to feel safe and be healthy.**



**The Coronavirus germs spread VERY easily and VERY quickly.**



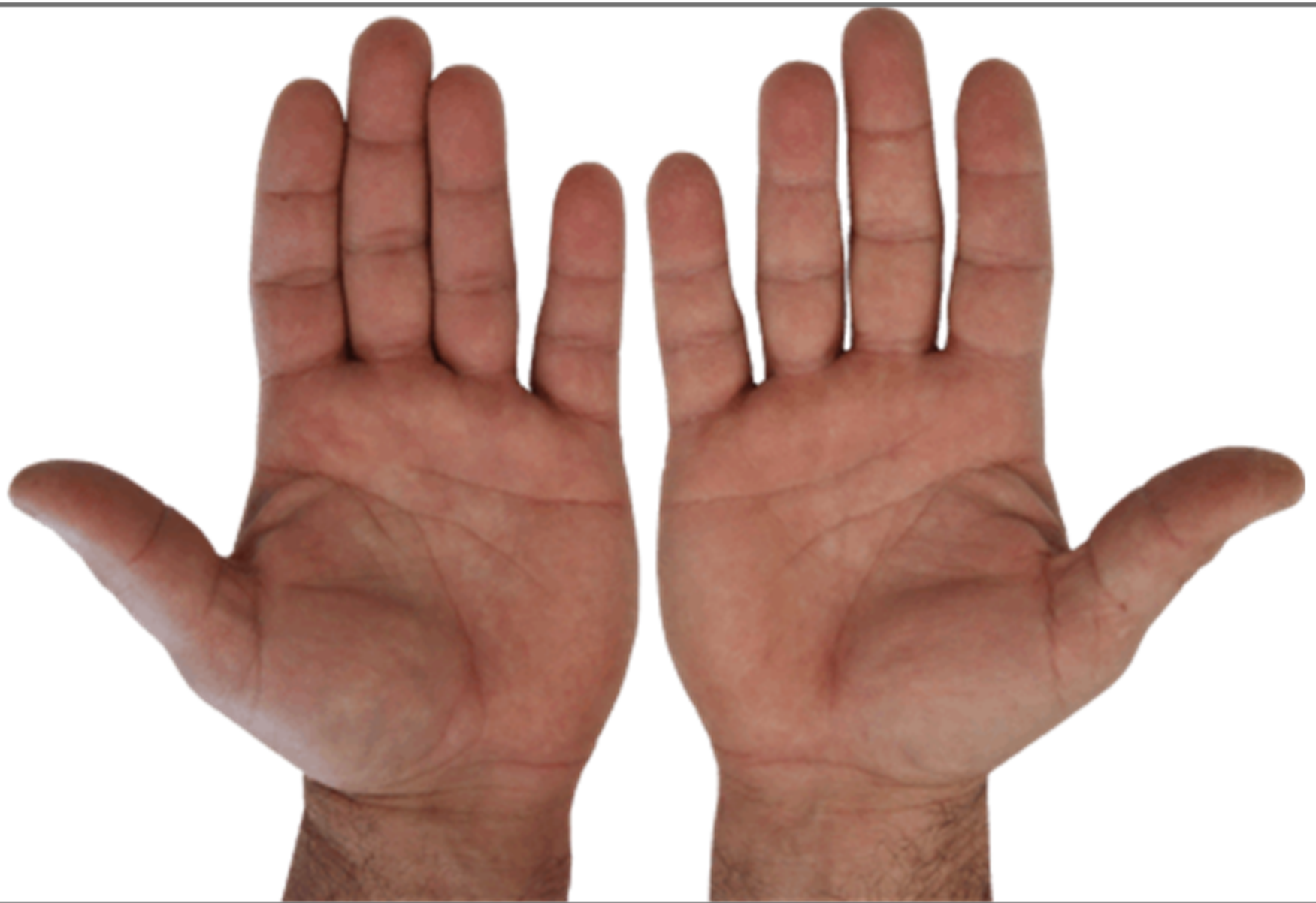
**These germs can be spread by touching common objects, coughing, or sneezing.**



**I need to wash my hands A LOT so that I can stay healthy and keep everyone around me healthy.**



**When I wash my hands, I can sing "Happy Birthday," or  
count to 20!**



**This will make sure my hands are clean and I stay healthy.**



**Another thing I can do to stay healthy and safe is called **social distancing**.**



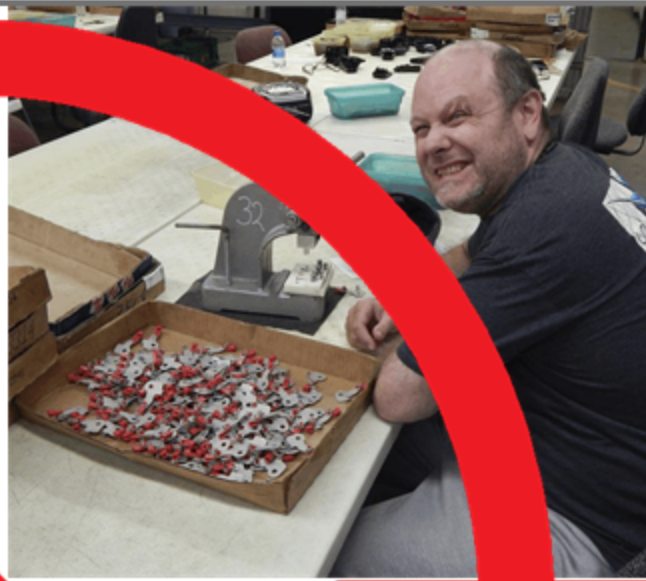
**Social distancing** means I cannot be close to other people.



**A lot of places in the community are closed right now  
so they can be cleaned.**



**Social distancing** also means that crowded public spaces like restaurants, libraries, theaters, and other places might be closed.



**While places in the community are closed, I may not be able to go to school, adult programs, or work.**



**Fun activities or events might be canceled. This is so we can all stay healthy and safe.**



hiking



journal



running



biking



puzzles



read



cooking



computer



games



walking



drawing



movies



listen to music



video chat

**These are some things that I CAN do!**



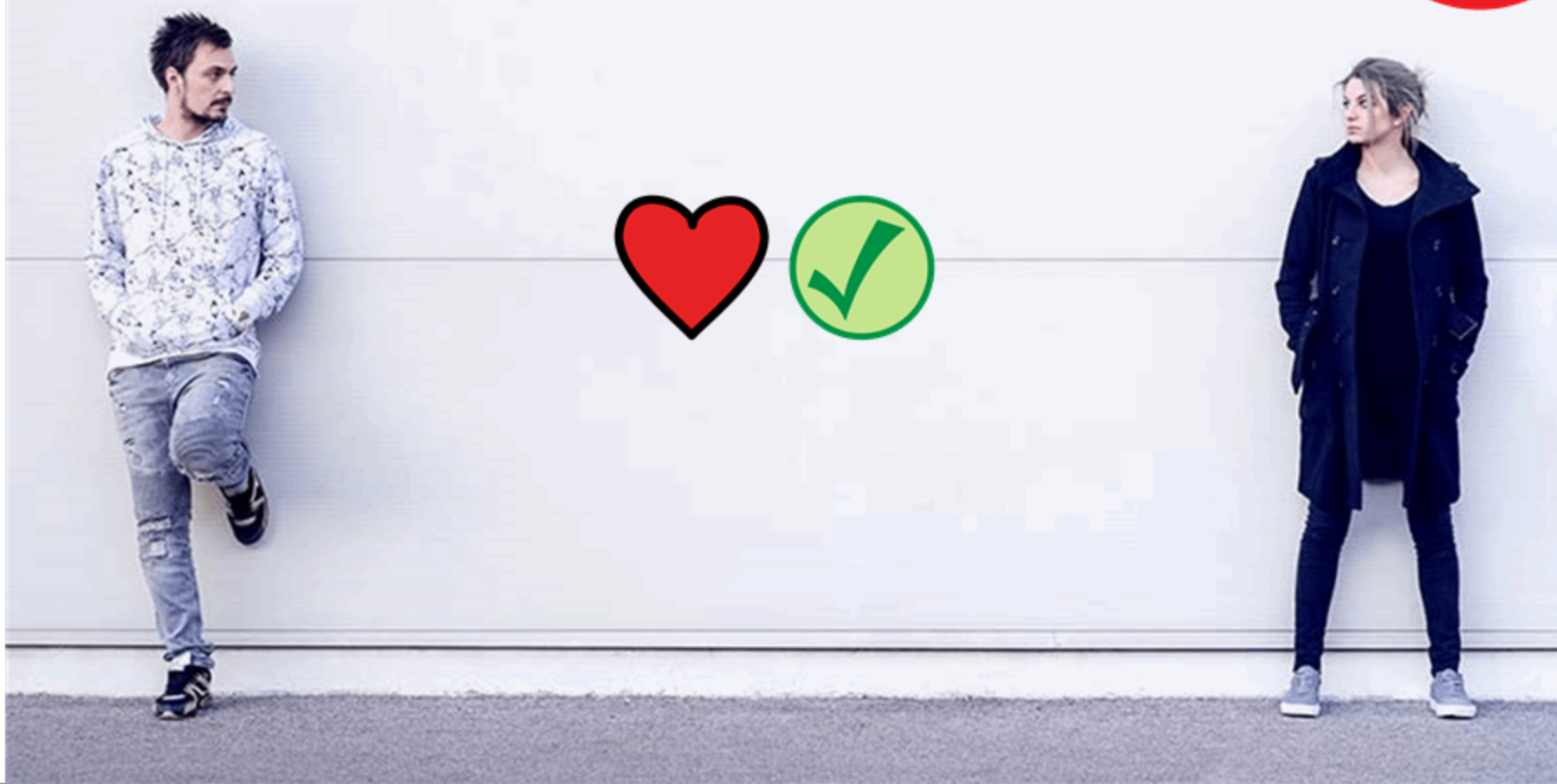
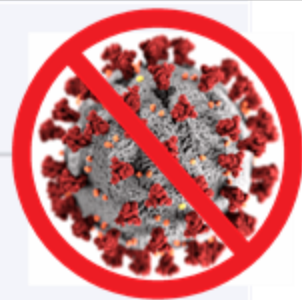
**Social distancing might make me feel worried, sad, or upset.**



**If I feel this way, I can always talk to someone that will help make me feel better.**



**This will be over soon!**



**Social distancing** will help keep everyone happy,  
healthy, and safe!



**THE END**



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**[iap@eastersealschicago.org](mailto:iap@eastersealschicago.org)**

**Illinois Autism Partnership builds the capacity of school districts statewide so they may provide effective programming for students with an autism spectrum disorder. All photos used in this story were retrieved from Google Images. Easterseals Chicago does not own the rights to these images.**