# Keeping Safe During COVID-19

## Coronavirus

**Coronavirus (COVID-19) is a germ that can make some people sick.**

**Coronavirus can easily spread from person to person.**

**The virus may give people a cough, a sore throat, a runny nose or a fever.**

**If I feel unwell, it is important that I try to tell my trusted adult.**

## New Guidelines

**There are lots of new guidelines everyone needs to try to follow to help stop people from getting sick.**

**A guideline is similar to a rule.**

**These guidelines help to keep people safe.**

**I can share this Social Story with my trusted adult to help me understand these rules.**

**These new guidelines may make places look different.**

Social Distancing **Coloured stickers may be on the floor.**

**I can stand on these stickers so I am not too close to other people.**

**This is called social distancing.**

**I can also try not to hug or touch other people.**

**This makes other people happy as I am keeping them safe.**

**Arrows may also be on the floor.**

**These help people understand the way to enter and leave buildings.**

**I will try to follow the direction of the arrows.**

**Some places may also ask visitors to write down their name and phone number when entering.**

**This is to help stop the spread of Coronavirus.**

**I will try to wait patiently while my trusted adult does this.**

## Good Hygiene

**Some places may have posters on their walls that show how to stay safe during Coronavirus.**

**I can use these pictures and information on the posters to show me what to do to stay safe.**

**Some places may have hand sanitiser at the entrance.**

**I will try to use the hand sanitiser before entering to clean my hands.**

**I can put one squirt of sanitiser on my hands and rub them together as it dries.**

**Some places we visit may also have a plastic screen at the counter.**

**They are called sneeze screens.**

**They help to keep the workers safe from Coronavirus germs.**

## Helping to Stop the Spread

**Some places we visit may have tape around things like tables or seats.**

**This is so people don’t use them.**

**This helps to stop the spread of Coronavirus as the virus can live on these places.**

**I will try to not enter areas that have tape around them.**

**My trusted adult can help me choose areas which are safe to use.**

**We might see people cleaning places we visit.**

**They may clean things that people touch like door handles or furniture.**

**This is very important to help stop the spread of Coronavirus.**

**Some people may be wearing face masks. That is okay.**

**This is to help stop the spread of Coronavirus.**

**Coronavirus can spread very easily if hands are not kept clean.**

**Everyone must wash their hands to help stop the virus spreading. This is the safe thing to do.**

**I will try to wash my hands often.**

**I will try to rub the soap all over my hands and between my fingers before I wash it off.**

**I can sing Happy Birthday twice or count to 20 to help make sure I wash my hands properly.**

**To make it harder for Coronavirus to enter my body, I will try not to touch my face.**

**I will also try to cough and sneeze into my elbow so spit and snot does not land on other people by accident.**

**If I do touch my face, cough or sneeze, my trusted adult can help me wash my hands and my face.**

**I will help to stop Coronavirus by learning how to be safe.**

## Guidelines

**Thank you for choosing to use a Social Story written by Access Ability Australia. This Social Story is suited for a person who may live with Autism Spectrum Disorder, a Language Disorder, Social Communication Difficulties and/or a Cognitive Delay/Disability.**

**For your Social Story to be successful, we recommend you follow these guidelines:**

**Read Social Story often and preferably 2 weeks in advance of visit.**

**Social Story to be read and shared in an environment free of distractions.**

**Be calm, comfortable and honest when reading a Social Story.**

**Help participant comprehend key points and consistently monitor for level of understanding.**

**Once the visit has taken place, revisit the Social Story to celebrate success.**

Who is Access Ability Australia? **We are the founders and developers of Access Keys. We also write Social Stories, develop visual Communication Boards and deliver Communication Access and Awareness Training.**

**To learn more, visit our website on the following link.**[**www.accessabilityaustralia.com**](http://www.accessabilityaustralia.com)**.**

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**End.**