

Keeping Safe During COVID-19





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.



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.



Let's all
keep **1.5m**
apart

BE COVIDSAFE

These new guidelines may make places look different.

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 IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus
(COVID-19)** visit [health.gov.au](https://www.health.gov.au)



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 screens at the counter.

They are called sneeze screens.

They help to keep the workers safe from Coronavirus germs.



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](https://www.accessabilityaustralia.com). 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](https://www.accesskeys.com). We also write Social Stories, develop visual Communication Boards and deliver Communication Access and Awareness Training.

To learn more, visit www.accessabilityaustralia.com.

