

# ★ FRASER CORONAVIRUS SOCIAL NARRATIVE



## Staying Healthy & Safe

It is important to have healthy habits to stay safe. Healthy habits include coughing or sneezing into my elbow, trying not to touch my face, washing my hands, social distancing and wearing a mask. Practicing healthy habits decreases the spread of germs, like coronavirus, that can make people sick.



## What is Coronavirus?

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Coronavirus is a germ that makes people feel sick. Coronavirus is also called COVID-19. Coronavirus is very contagious, which means it spreads easily from person to person.

## SYMPTOMS OF CORONAVIRUS



### Feeling Sick

People who have coronavirus may have a cough, fever or have a hard time breathing — also called shortness of breath. Some people with coronavirus will stay home and get better. Other people may need to go to the hospital to get better.



## Handwashing

I can practice healthy habits by washing my hands. I should wash my hands before I eat, after I use the bathroom and if I sneeze or cough.



## How to Wash Hands

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I will use soap and rub my hands together for 20 seconds. I can sing the Happy Birthday song to know how long 20 seconds is. I will rub all parts of my hands, including the palms, backs, between fingers, thumbs and fingernails.





## Drying Hands

I will rinse the soap off with water and then dry with a clean towel. If I don't have soap, I can use hand sanitizer.



## Social Distancing

Another way to stay practice healthy habits is by social distancing. Social distancing means giving at least 6 feet of space to any person who does not live in my home. I will keep my hands by my sides or hold a fidget during social distancing.



## Wearing Masks

People can wear masks, so they don't spread germs to other people. A mask will cover a person's nose and mouth to keep the germs from spreading. I might see people wearing masks at the grocery store, when I walk around my neighborhood or when I am at Fraser. I can ask a grown-up if I should wear a mask, too.





## Places Are Closed

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Because of social distancing, many places like schools, restaurants and stores are closed. These places will be open again when the government and health officials say it is safe.



## Staying Home

During social distancing, I will stay at home. I might have school lessons or Fraser therapy appointments through a phone or computer video chat. I might see my friends and family through video chat, too. I can go for a walk outside during social distancing, and I will give at least 6 feet of space to any other people out walking.



## Family Can Help

If I have questions or feel nervous about the coronavirus, I can talk to my family. We can find strategies to feel calm and safe while I stay at home and practice social distancing.