

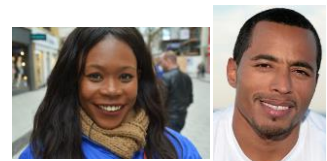
# Why Is My Life Different Now because of COVID 19?

## A Social Narrative

This version has a lot of illustrations that may be confusing for some readers. For non-readers, each picture can be pointed to as the text is read aloud. There are two other versions of this same text. One is in large font with lots of spaces between the paragraphs. The other is an article.

1

- Most days, people leave their homes.
- They leave their homes to go shopping, meet up with family and friends, or run other errands.
- Some go to school or work. Some do both.
- People usually look forward to doing things outside of their home.



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2

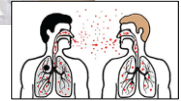
- Because of a sickness called the Corona Virus or COVID 19, most people are having to stay at home right now. No one knows how long they will have to stay home.



- We **do** know about tiny things call germs. We **also know** that, whenever people are together, germs get spread by handshakes, sneezing, coughing, or sometimes even touching things other people have touched.



- Some types of germs can make people sick. When a type of germ makes a lot of people sick in the same way, we say the sickness caused by the germ is a **contagious disease**.



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3

- We know about a lot of different contagious diseases like the common cold, a stomach virus, or the flu. You may have had contagious diseases like chicken pox when you were younger.



Common Cold

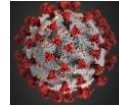
- When people know about different contagious diseases, they have different ways to prevent them or cure them. Some contagious diseases can be prevented with shots from a medical professional, washing our hands well, and using products like Lysol or bleach that are called **disinfectants** because they kill germs that can cause diseases.



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4

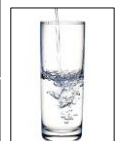
- You probably have been hearing a lot about COVID 19 on the news and when people talk to each other. COVID 19 is not a sickness scientists, doctors, or most other people knew about until a few months ago. That means they don't yet understand how to prevent people from getting it or how to make people who have it well again.
- What they do know is that COVID 19 seems to be a very contagious disease so, just to be safe, most people have been told to stay at home.



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5

- When diseases are prevented for one person, they are also prevented for people who come near that person. This stops diseases from being too contagious. You probably know someone who had a cold but, because you stayed away from them and washed your hands well, you did not catch it!
- Even if you do get a contagious disease, sometimes they can be cured with medicine. Sometimes all the medicine can do is help you feel better.
- You just have to take good care of yourself by resting, drinking fluids and eating healthy foods until you feel better.



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6

- Because of their jobs, some people cannot stay home. These people include doctors and nurses, police officers, firefighters, EMT's, and people who sell very important things like food or medicine.



- There are special rules for these people so they stay as healthy as possible and do not make anyone else sick by spreading germs. For example, they have to wash their hands even more than usual. Some wear face masks. They use even more disinfectants and use them more often. When possible, they stay 6 or more feet away from other people.



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7

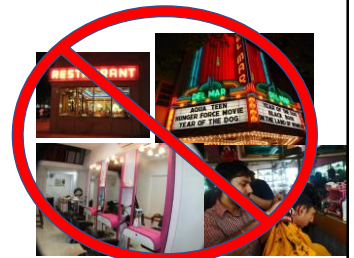
- People who have to go out also probably include the people who support you at home. That's because they have to get you things you need to stay healthy like healthy foods or your medicine. These people may be members of your family or paid staff.



- You may even have to go out yourself for a medical appointment that keeps you healthy.



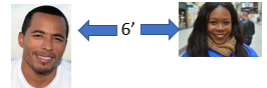
- But you probably won't be able to go to a restaurant to eat, or go to the movies, or get your hair cut, or do anything else that can wait because most of those places are closed for now, too.



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8

- You may have to work yourself because you work someplace that provides important services like in a grocery store, a pharmacy, or a health care facility.
- But you may have new rules at work to make sure you and your co-workers stay as healthy as possible and do not make anyone else sick by spreading germs. For example, everyone will have to wash their hands even more than usual. Some of you may wear face masks. Everyone will use even more disinfectants and use them more often. You may even have different hours that can change your schedule.
- It is important to remember that, when possible, stay 6 or more feet away from other people including any co-workers, your supervisor, or customers.



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9

- It can be difficult to change routines and have to follow new rules. Because of COVID-19, lots of people have had to change routines and follow new rules.
- Some people may feel frustrated or angry or unregulated.
- If you feel one of these ways, too, know that you are not alone.



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10

- What can you do if you feel frustrated or angry or unregulated or even alone?

- Think of things you usually do to feel good again.



- You may take a break, do some deep breathing, do yoga or other calming exercises, or take a walk. You may use some sensory materials, shut your eyes for a few minutes, or listen to music. You may be able to talk to someone about how you feel by phone, video chat, or even face to face as long as you follow the 6 foot rule as much as possible.



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11

- Doing these things can help you think about something else besides staying at home or other ways your life is different now because of COVID 19.



- It is important to remember that EVERYONE'S life is different because of COVID 19 and you are not alone.



- Every day, scientists, doctors, and most other people are learning more and more about COVID 19 than they knew a few months ago.



- They know that that some ways to prevent people from getting it are by making life changes like staying home, only going out if you absolutely must, washing your hands more, and so on.

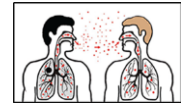


12

- Another word you may be hearing a lot is **quarantine**. A person can be **quarantined** by health care professionals when they have a contagious disease. This means they stay away from people who are not responsible for their care. People who work with quarantined people usually wear special clothes to keep them safe.



- People who are quarantined stay away so they don't spread their contagious disease to other people. They also stay away because they don't want to catch another sickness.



- People in hospitals who have COVID 19 are quarantined, too.



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13

- You may also have heard about **self-quarantining** because of COVID 19. This sometimes means people are choosing to stay away from other people because they had close contact with someone who already has COVID 19.



- This sometimes means people like you have to **self-quarantine** even if you haven't had close contact with someone who has COVID 19 because **self-quarantining** is one of the best ways to keep safe and healthy so you don't get COVID 19. Self-quarantining means staying home and not going out unless you must.



- And, if you must go out, you know what to do!



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14

• Hopefully, you now know the answer to the question, Why Is My Life Different Now because of COVID 19?



• It is because everyone wants you to be safe and stay healthy, even our government!



• Read this booklet as often as you need to so that you remember why your life is different now because of COVID 19.



• What we don't know is how long it will have to stay different and when you can go back to the life you had before COVID-19.



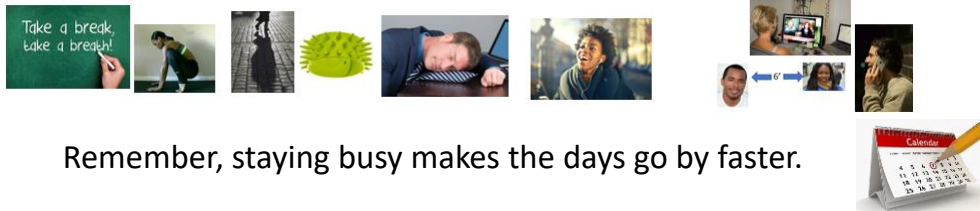
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15

Just remember, you are not alone



and there are lots of things you can do to stay busy and calm.



Remember, staying busy makes the days go by faster.

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16