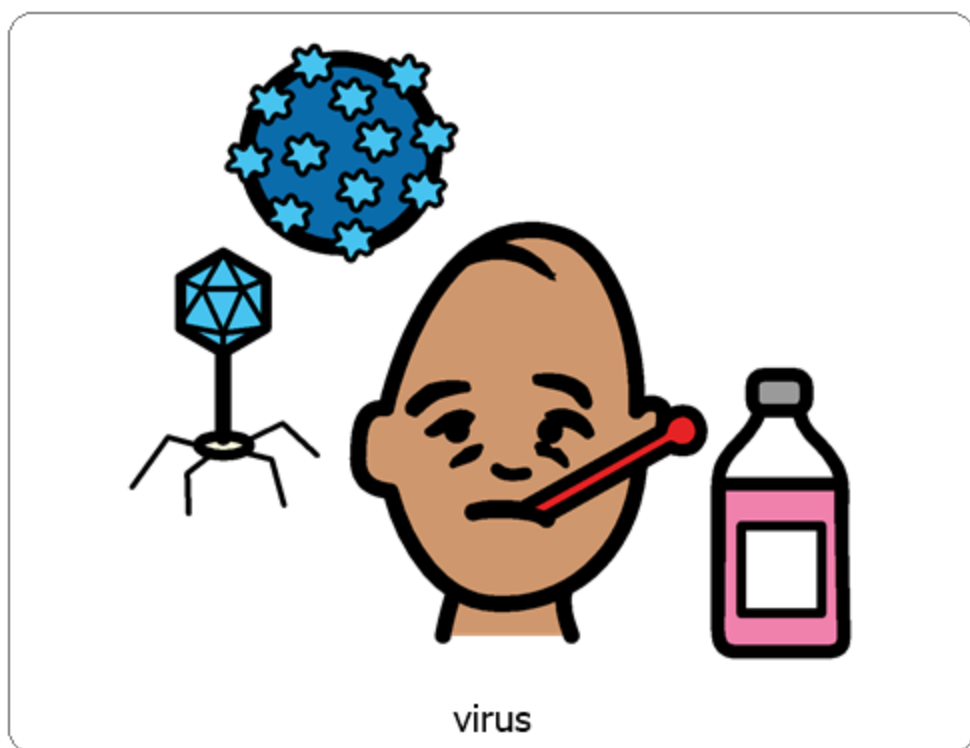
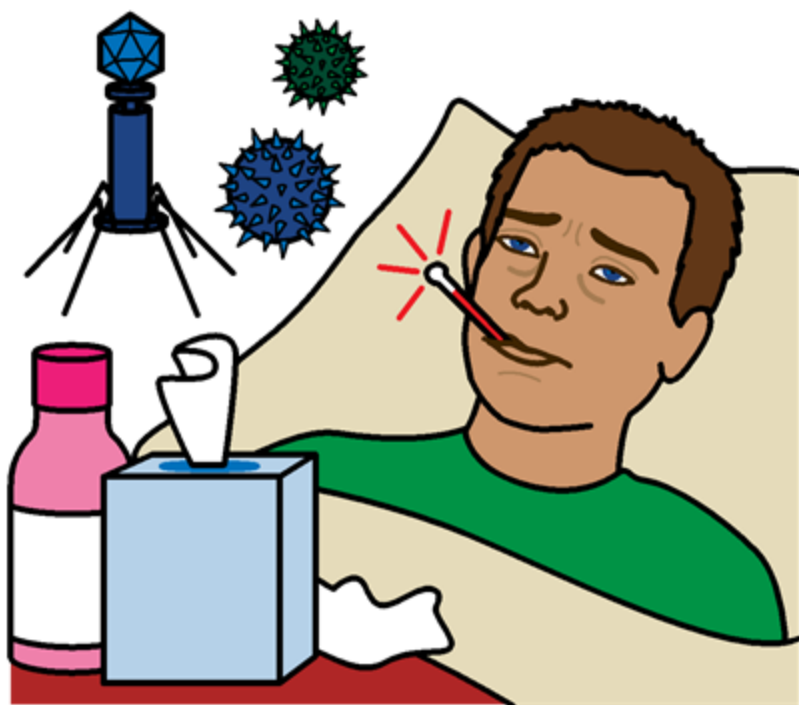


COVID 19 and What's Happening Around Me



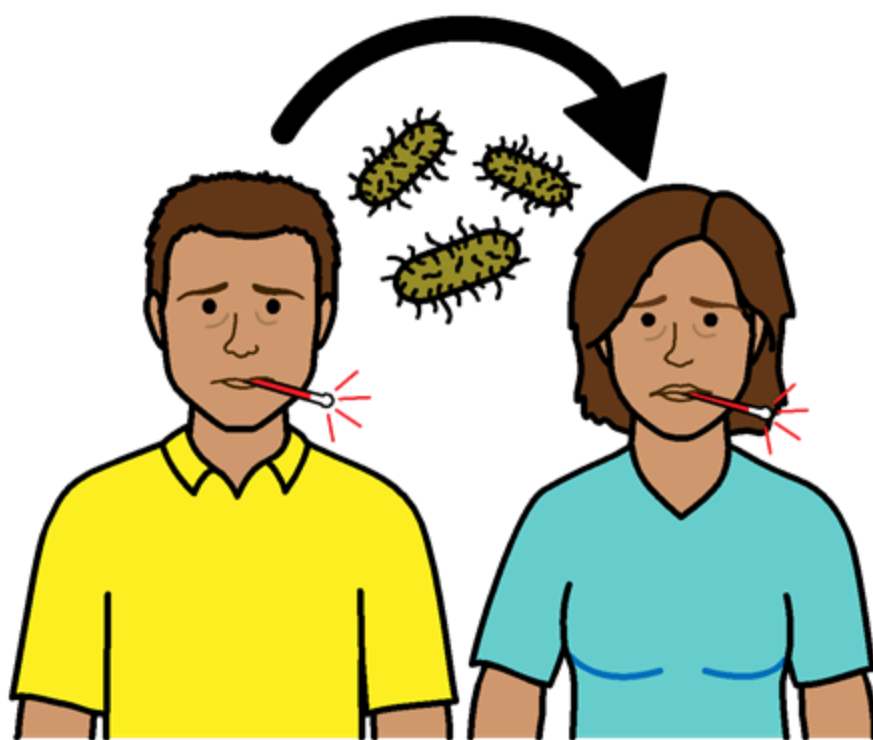
People are talking about something called COVID-19/Corona Virus. What is it and why are things so different?



virus

COVID-19 is a virus, like a cold or the flu. When people have it, they might be sick for a couple of days or a couple of weeks.

COVID-19 is very contagious. That means it is very easy to get if you are too close to other people who have it



contagious

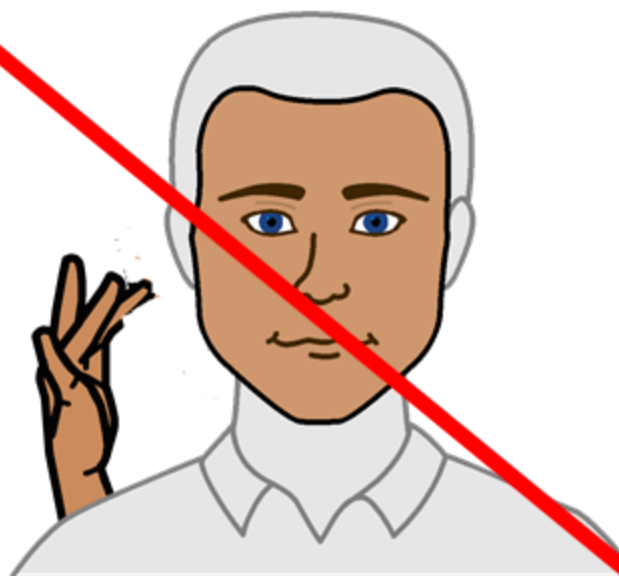
It's important to stay healthy, so
right now there are things we need
to do.



wash hands

First, we need to wash our hands with
soap and water- a lot. Washing our
hands helps to kill the germs that cause
people to get COVID-19.

Next, I need to try not to touch my face if I haven't just washed my hands. This keeps the germs from getting into my eyes, nose, or mouth.



Don't touch my face



laptop



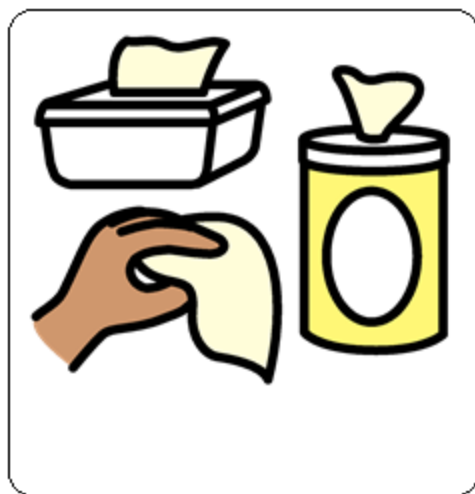
phone



wipe chair



remote control



TV



wipe counter



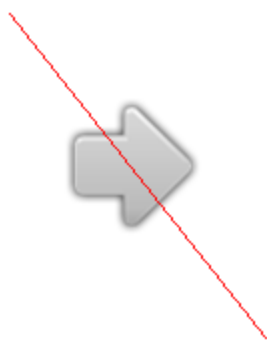
wipe table

Then- we need to keep our house very clean and wipe off surfaces that a lot of people touch several times a day. Surfaces like tables chairs, computers, TVs and remote controls. That keeps the germs from spreading.

But why can't I see my family or have visitors?



family



house



house staff



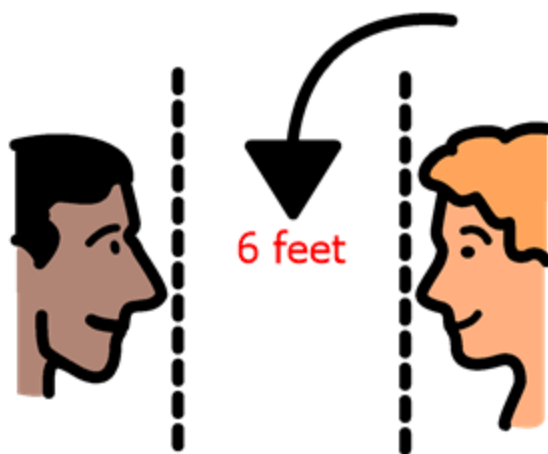
house

Right now only some Grafton staff can come in the house. This is what we have to do so that no germs get in the house.

We are practicing something people
are calling "social distancing"



too close



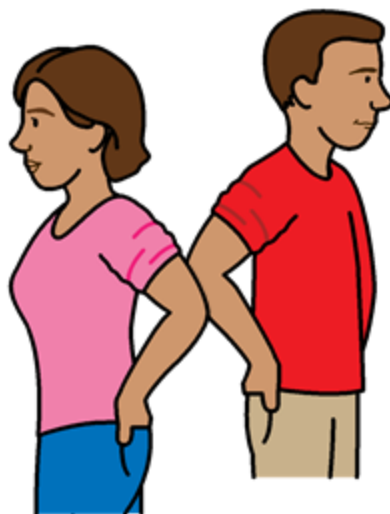
not too close

Social distancing means we shouldn't stand or sit too close
to other people so that the COVID-19 germs don't spread.

We can wave to people and we
can do elbow bumps, but we
shouldn't shake hands right now or
hug other people.



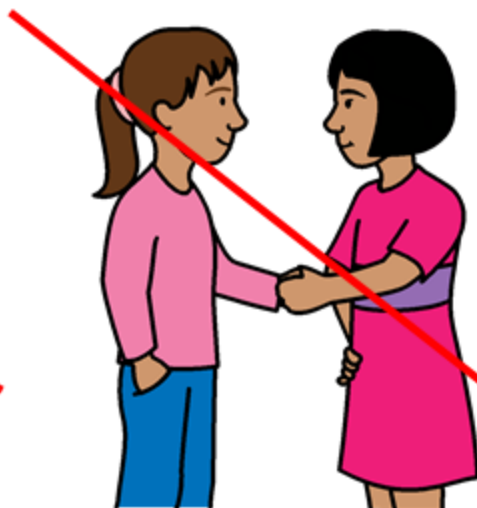
wave



Elbow bump

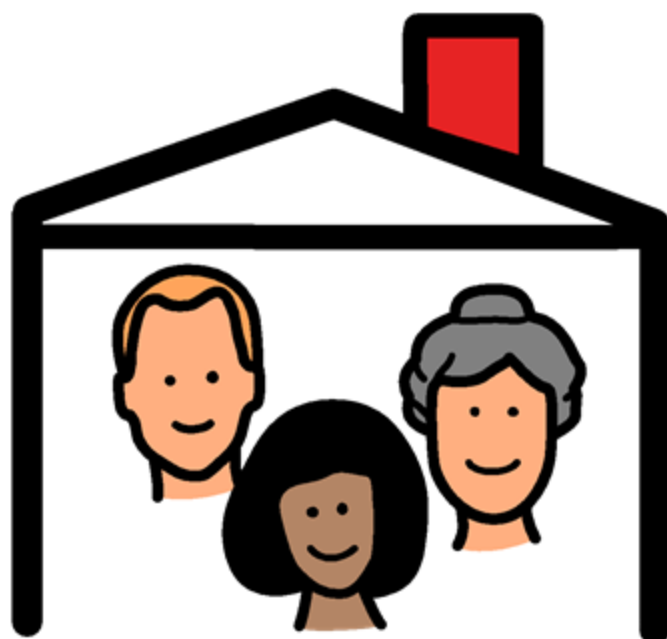


no hugs



no handshakes

Because COVID-19 germs spread so easily,
only a few people can come into the house
right now.



house staff

My staff will still come to support me
every day.

I can call my family, and they can call me. I can also do video calls with my family so that I can see them on a screen like a tv and talk to them.



family



make a phone call



talk



video chat

When we are sure a lot of people won't get COVID-19, my family will be able to visit again.

Why can't I go to my favorite places
like the store or the movie theater?



mall



movie theater



closed



bowling alley



store

A lot of public places like theaters, stores and malls are closed right now because a lot of people are usually there. They want to do a really good job of cleaning so that there are no germs. They will open again in a little while when it is safe and the germs are gone.

What can I do?



walk



backyard

I can still go in the backyard
and take walks with my staff.



Listen to music



game



art

And I can still play games and do other
activities in the house.

I might see some people wearing face masks. They do this so that they don't cough or sneeze on anyone.



face mask



cough or sneeze into tissue

If I have to cough or sneeze, I can use a tissue or cough/sneeze into my elbow.



cough or sneeze into my elbow

And of course, I need to remember to wash my hands and elbow.



wash hands

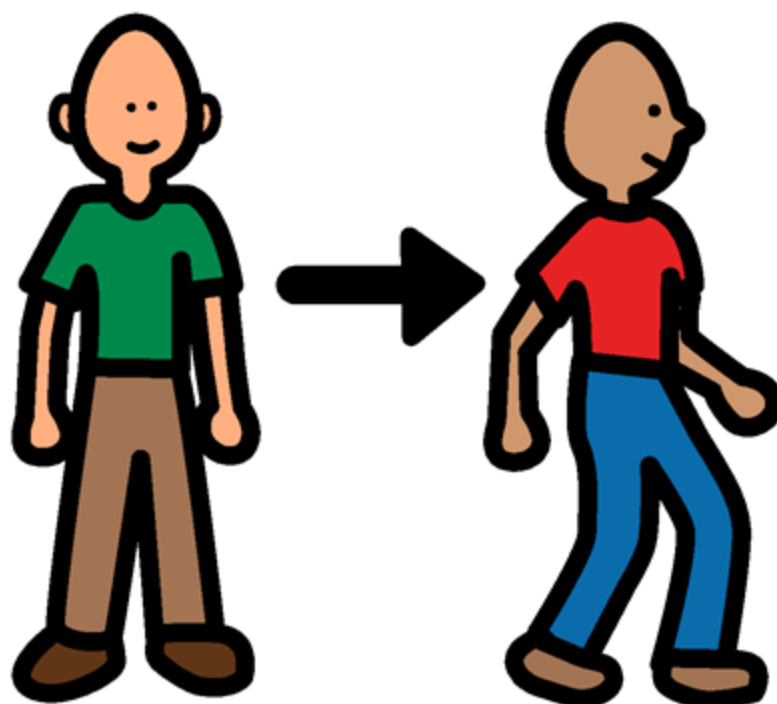
If we do a really good job of washing our hands, wiping down surfaces and practicing social distancing, one day things will go back to the way they were.



wash hands

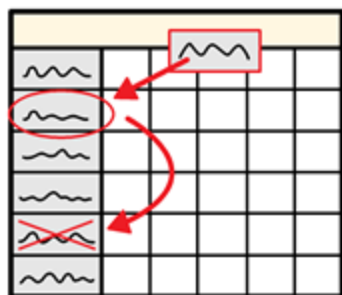


wipe surfaces



social distancing

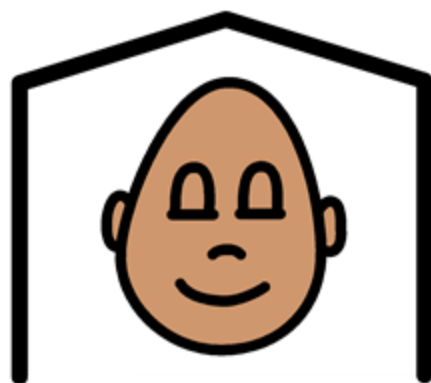
Things are changing everyday with COVID-19. If I get scared because things are changing too fast, my staff can help me feel safe.



change in schedule



afraid



safe place

We can all do this together!