

SOCIAL DISTANCING

When lots of people are sick, social distancing can help me stay healthy.



Social distancing means staying away from busy places and other people.



Activities, events or school may be cancelled to keep people healthy.



I may not be able to do my normal activities.



I may need to stay at home so I can stay healthy.

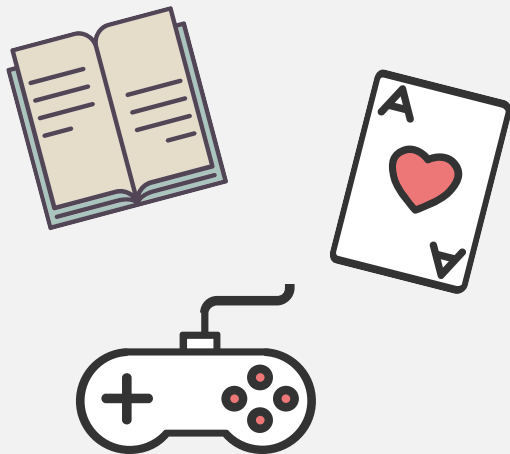


I may get upset or frustrated about not being able to do my normal activities.

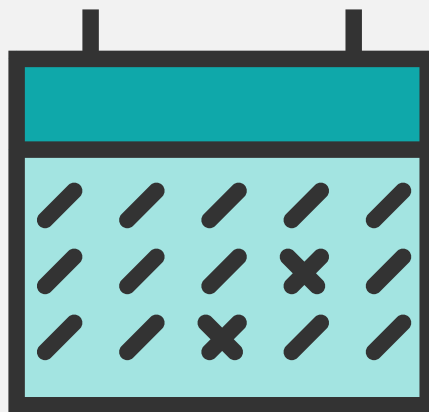


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It will be okay and I can find other fun things to do at home.



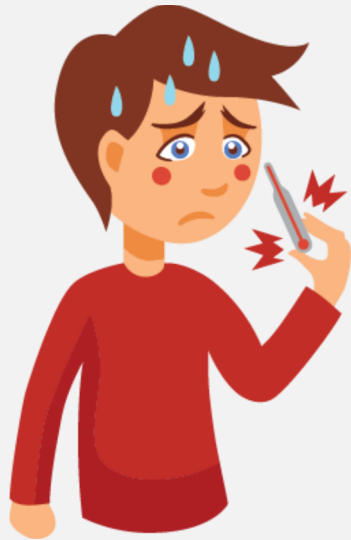
It may be a few weeks before I can go back to my normal activities.



I will be able to go back to my normal activities when doctors say it's safe.



If I get sick I may have to go into isolation.



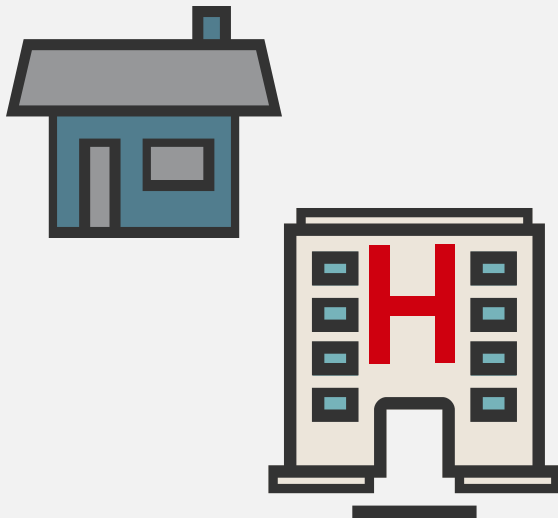
Isolation is when sick people are kept away from healthy people.



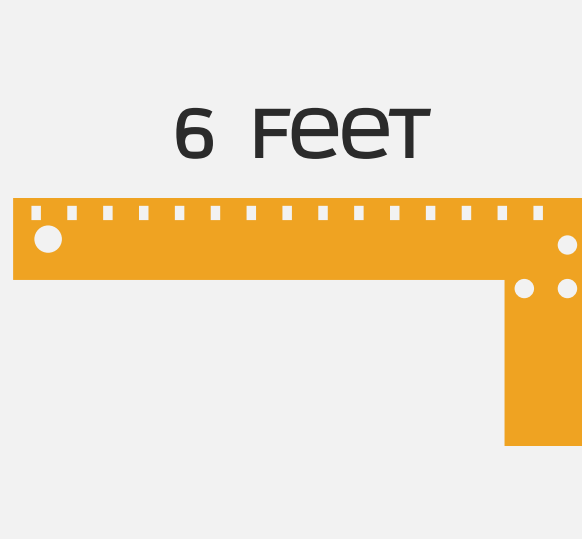
My doctor will tell me if I need to be in isolation.



I may be in isolation at home or in a hospital.



If I am in isolation, I need to stay 6 feet away from people.



I need to cover my coughs and sneezes with a tissue or my elbow.



I need to wash my hands after I cough or sneeze.



People taking care of me might wear masks and gloves to keep them healthy.



Isolation will last until my doctor says I'm not sick anymore.

