Autism Society
of NORTH CAROLINA

A Social Narrative about Coronavirus, COVID-19

What is the Coronavirus, or COVID-19?

Everyone is talking about the Coronavirus, also known as COVID-19! What is that? It's a virus, which means it's a sickness that can make me cough, have a fever, and feel tired. I can get sick if I touch something that a sick person has touched, or if I touch a person that is sick. I can also get sick from people coughing and sneezing close to me.

What should I do to help me not get sick?

There are lots of things I can do to stay healthy! I can exercise, eat healthy, and make sure to get enough sleep. To be extra safe when there is sickness around like COVID-19, I should make sure to pay extra attention to these things:

- Washing my hands lots! Especially if I have been out in the community like at the grocery store.

- If I need to cough or sneeze, do so in the crook of my elbow!

- If I want to talk to a friend or say hi to someone I know, I should wave and smile, but don't give high fives or handshakes because we can share germs this way.

- Or I can use phone, video chats or emails to talk to my favorite people.

- I can wipe down areas that lots of people use, like counters and doorknobs, with something that kills germs, like soap, Lysol, or a cleaning wipe.

If I do feel sick, I should make sure to tell someone, and they can take care of me, so I feel better soon!

What are some other things that might happen?

When lots of people are getting sick, I need to try to stay away from those germs. This might mean staying home a little extra, and having less friends and visitors come see me. That's ok, when everyone is feeling better, I can have visitors and go out again.

If I must stay home, I can do extra art projects, play games, watch movies, and relax. That will be fun!

When there is a virus around like coronavirus or COVID-19, sometimes things change for a little while so people can be safe and be careful not to share sickness. I need to take care of my body and stay follow the steps to avoid sickness so I can protect myself and others from getting sick.