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



I may not be able to do my normal activities. Social distancing means staying away from busy places and other people.



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

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



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







The ASERT Collaborative is funded by the Office of Developmental Programs, PA Department of Human Services.



PAautism.org

Pennsylvania's leadingsource of autism-relatedresources and information

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.





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