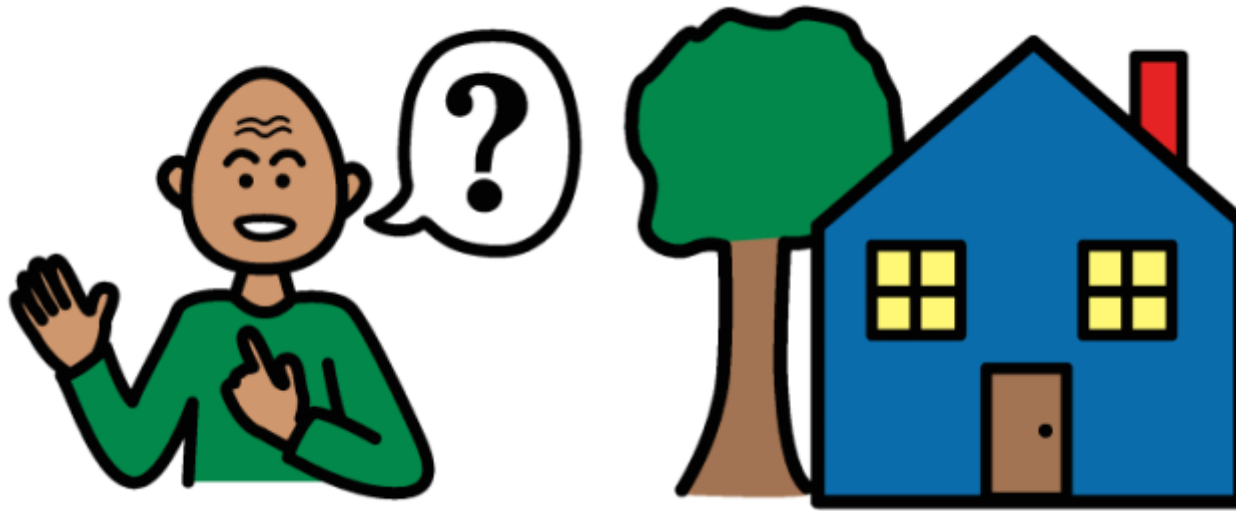


Why Do I Have to Stay Home?

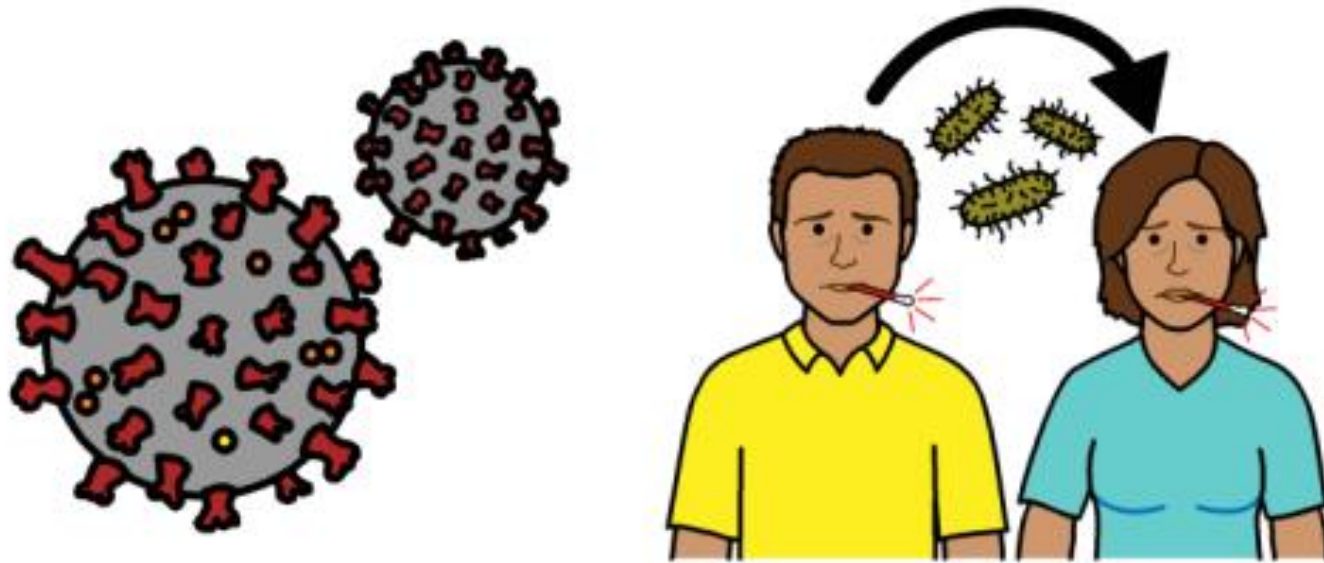


A Story about Cancellations Due to Coronavirus

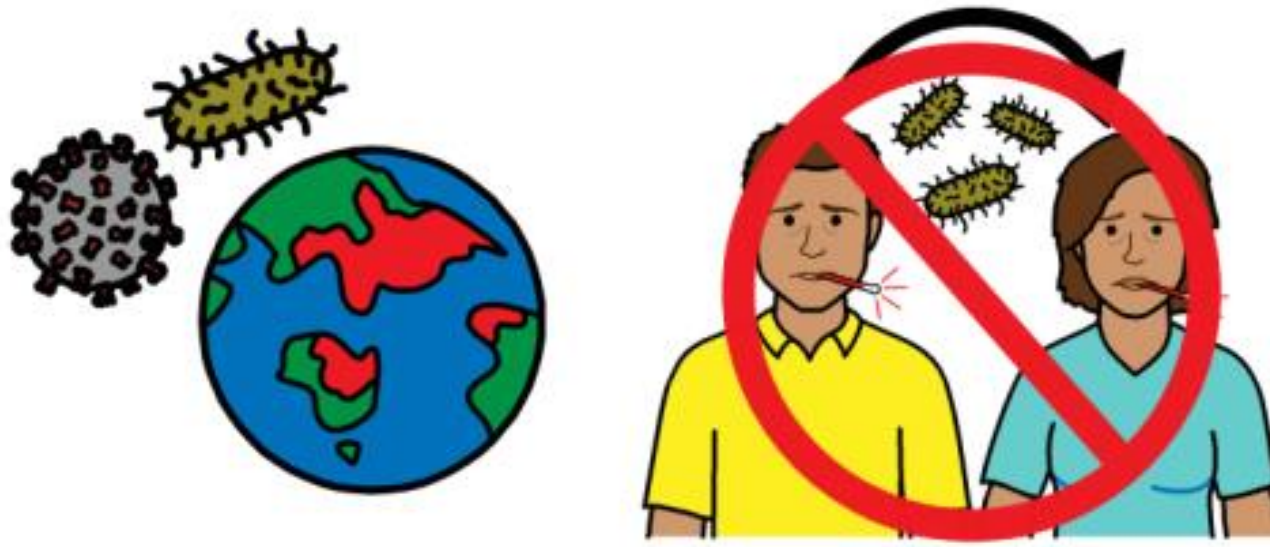
by Kate Dansereau, BA, ATP of Community Autism Resources



Right now, many of us are being told that we have to stay home. Schools, activities, restaurants, and groups are being closed and cancelled.



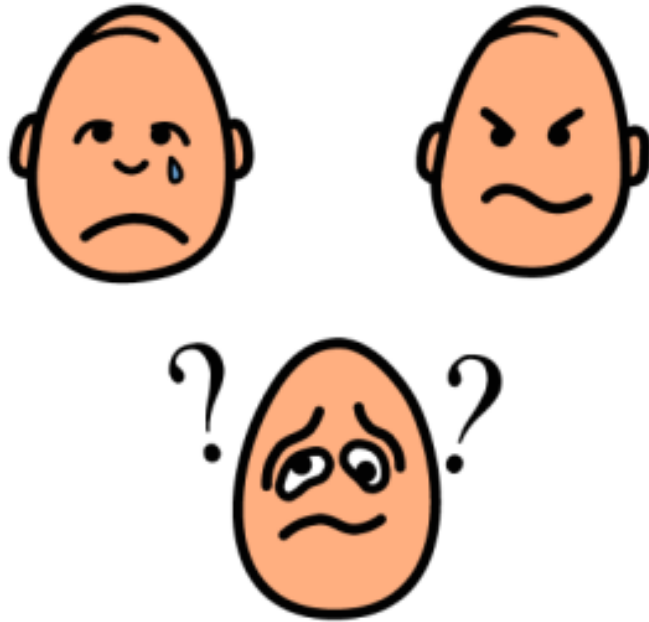
This is because there is a virus called COVID-19 or Coronavirus that is spreading very quickly and can make some people very sick.



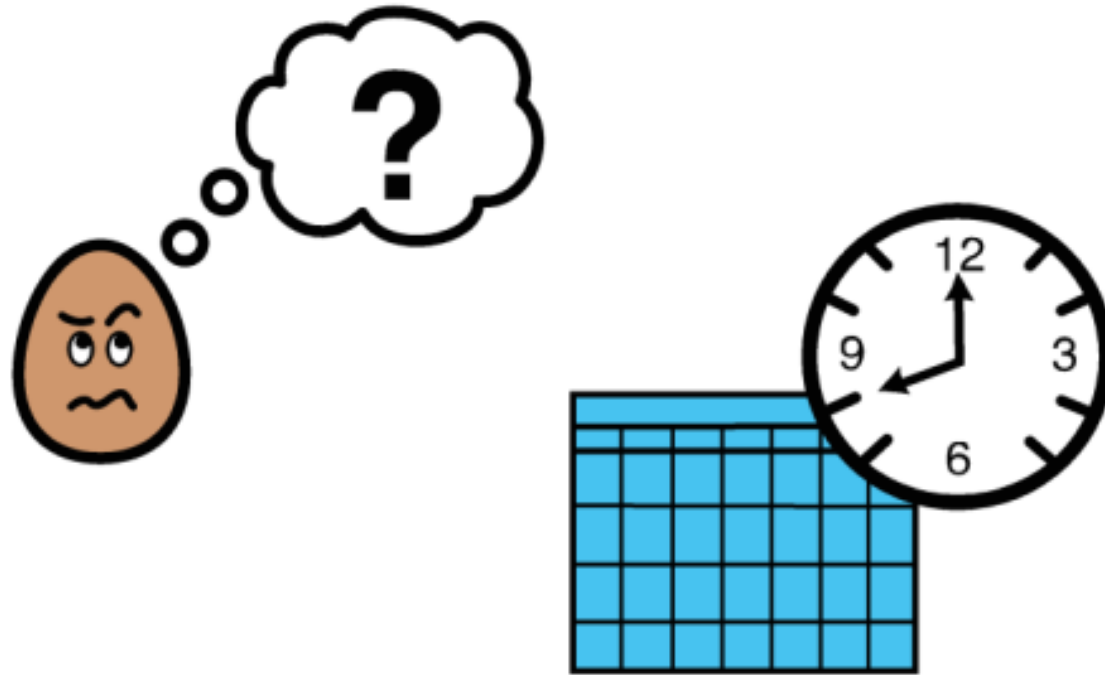
We are trying to stop the spread of this virus so that it will go away and not make people sick.



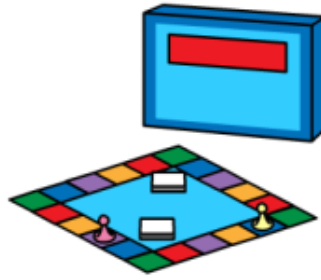
The best way to do this is to stay away from large crowds. For many people this means no school, no restaurants, no work, and no groups or group activities.



Many of our favorite things will be changed or cancelled. This might make us sad, angry or confused. We can talk to someone we trust about how we feel.

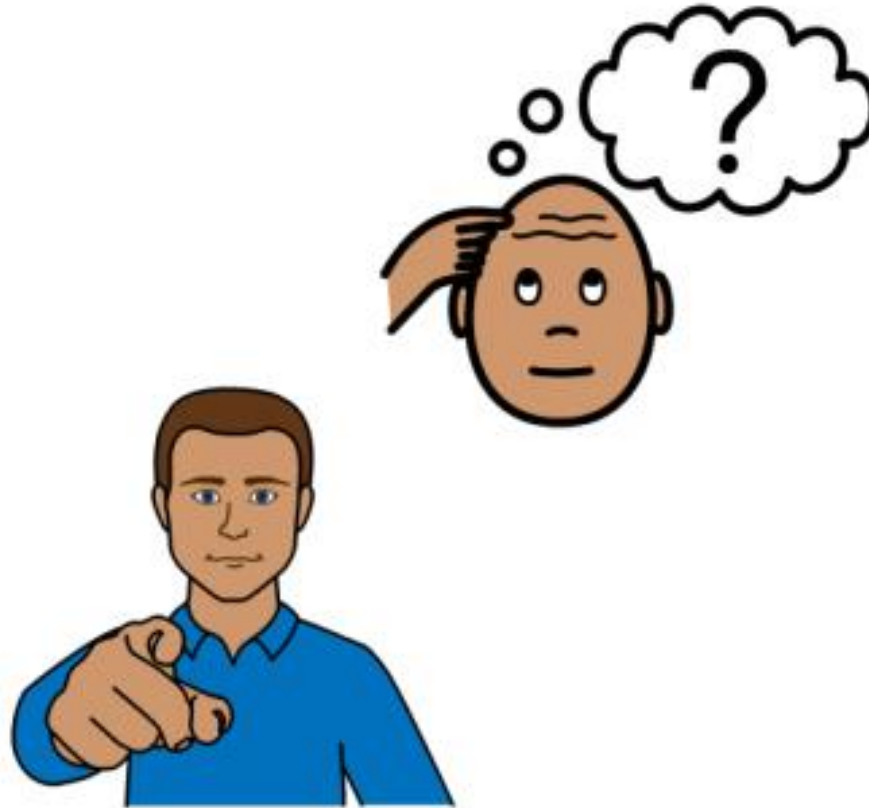


Hopefully, we will be able to go back to our regular schedules and routines soon, but it will be awhile and nobody knows when that will be yet.



What can I do while I am staying home? Here are some ideas:

- Go outside or for a walk
- Play a game with my family or alone
- Watch a favorite TV show or movie
- Read books or look at pictures
- Listen to music
- Make crafts, color or do puzzles



What else can you think to do?
