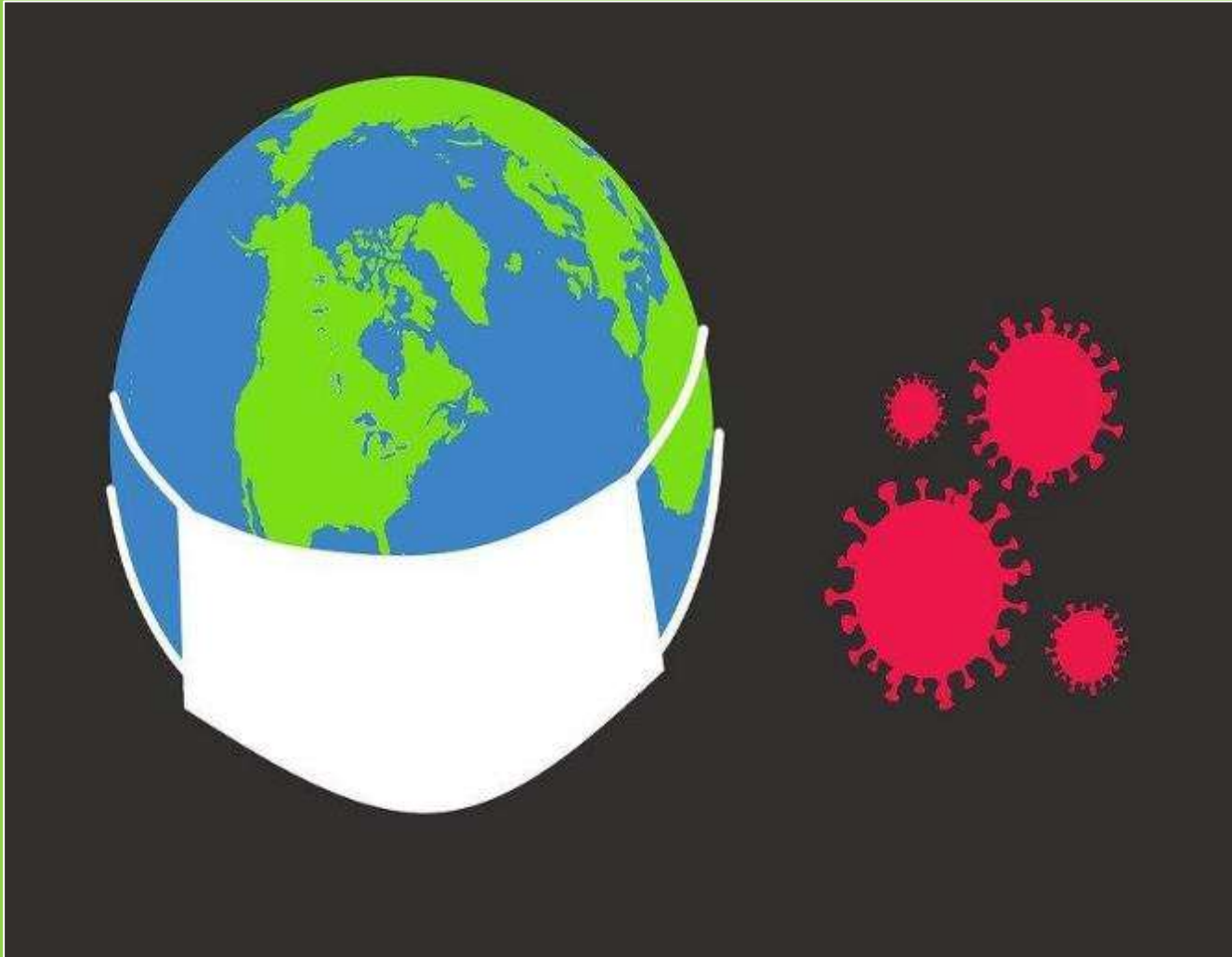


Going Back to School During COVID-19

A Social Narrative for Visual Learners

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The new sickness COVID-19, also known as the “coronavirus”, has changed our lives.



Most importantly, it has changed how we do many things.



Because of COVID-19, school buildings closed in the spring. To keep everyone safe, we were asked to stay at home.



Children had to learn *virtually or remotely*.

This means, they did not go to the school building. Instead, they met with their teachers and classmates with the help of a computer.

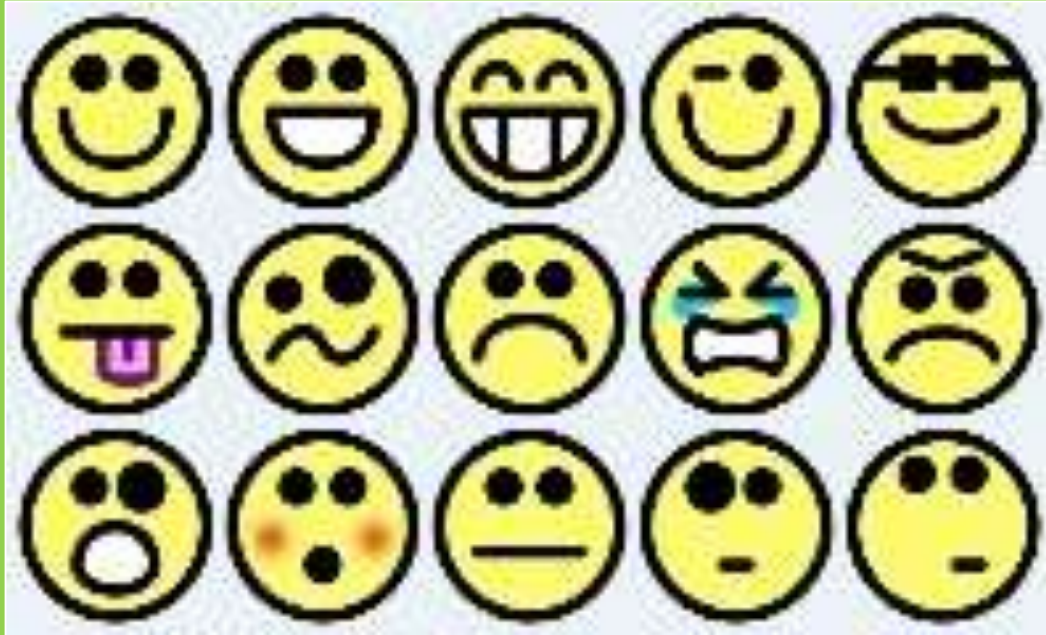


Your parents will tell you when it is time for you to go back to school.

They will make sure you are ready, and that you will be safe there.



It will be very exciting to see teachers and classmates again.



But you might feel a little worried too. It has been a long time since you have been at school.

Remember, everyone is feeling this way.



It is good to share how you are feeling.

You can share how you are feeling with someone in your family or with your teachers.





Things may look different at school too.



To keep everyone safe, you, your classmates or your teachers may be wearing face masks, face shields, special glasses, or gloves.

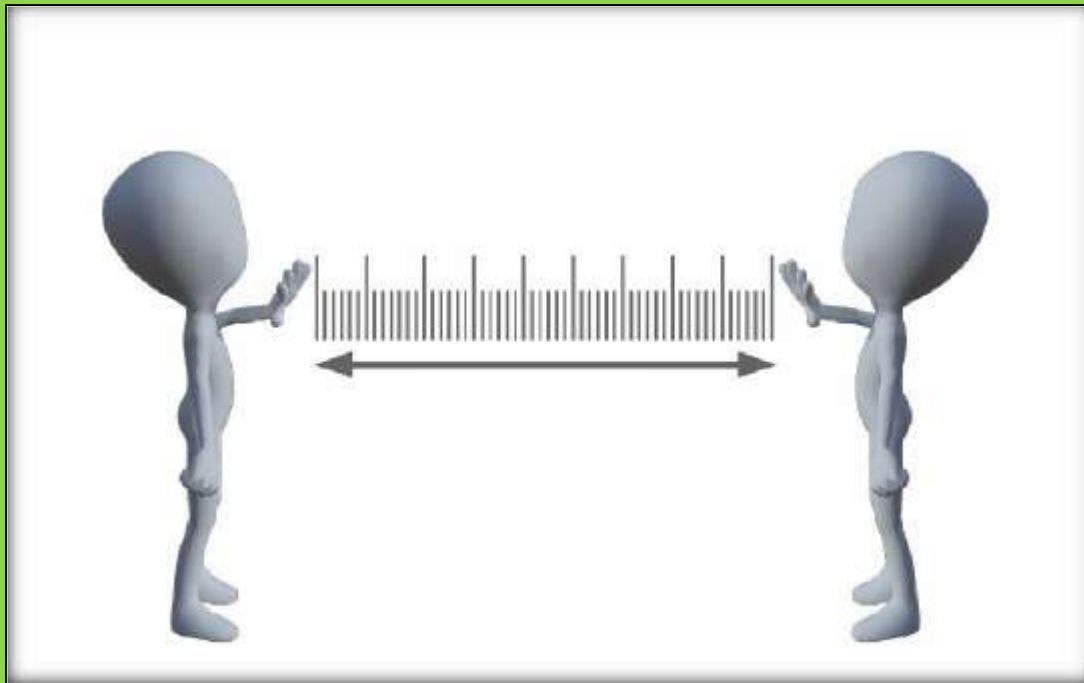
These things help to keep germs from spreading.



Things may look different in your classroom too.



Sometimes, you may have your classes in a different room or outside.



To prevent the spread of germs, there may be bigger spaces between desks.



There might be barriers between desks. These barriers will keep germs from spreading.



There may be new rules about how or when you can do things at school.



Rules like, when you can go to the bathroom or when you can go to lunch or recess.



There may be new rules about washing hands, using hand sanitizer, or getting your temperature taken.

They may take your temperature to make sure you don't have a fever.

Some symptoms include....

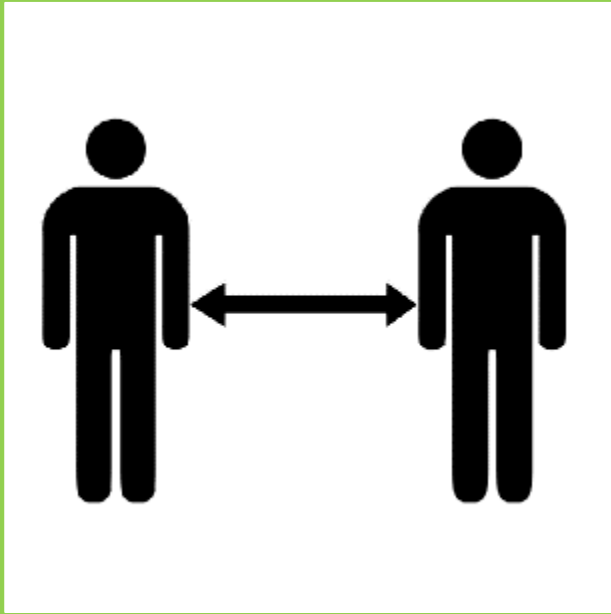


People who have COVID-19 might have a fever. They also may have a cough or may have trouble breathing.

Don't forget to cough in your elbow if you need to cough!

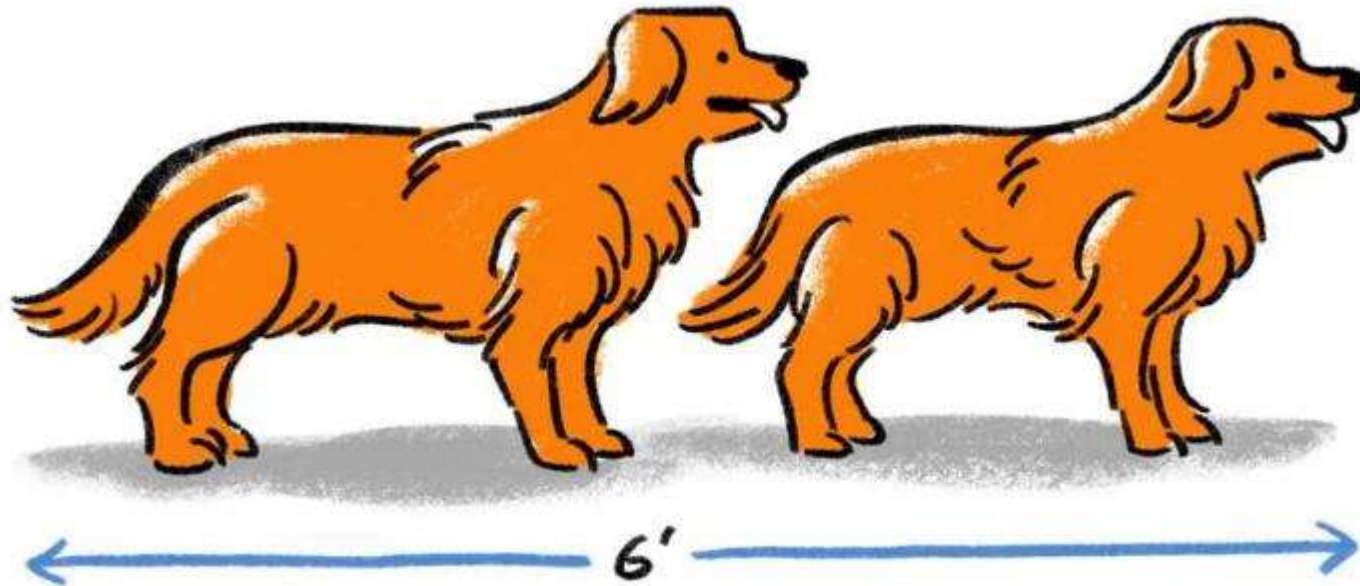


There may also be new rules about where to sit, or how you line up and move from place to place.



It is important to not stand too close to your classmates.

When you can, stand or sit at least 6 feet away from others.



To help you remember, that is about the length of two Golden Retrievers!



It is also important to try hard to not to touch your face.

Touching your face and then touching other things can spread germs.



This will be a lot to remember and a lot to get used to.

It's okay to ask questions to help you understand, or to help you stay calm.



It is very important that you listen to directions from the teacher or other adults in the classroom.



Following the rules helps us all to be safe and stay healthy.



We must work hard to make changes like these.

The changes we make will help us stay safe at school and in the community.





Heroes help make changes!

When you make these changes, you can keep others safe and healthy. That means you can be a hero too!