

Practicing Social Distance and what it means.

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.

