



Strategy in Practice

INFORMATION & TEMPLATE SERIES

CORONAVIRUS & STAYING HEALTHY

Social Narratives for Hygiene and Stress



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About Us:

The HANDS in Autism® Interdisciplinary Training & Resource Center's mission To provide unique learning opportunities designed to improve understanding of the process and ability of working with individuals with ASD and a range of other developmental and behavioral challenges through hands-on and coaching experiences and building bridges of information, resources and collaboration across family, educational, medical and community systems.

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The novel coronavirus or COVID19 has spread so that the World Health Organization has declared a global pandemic. This can cause anxiety in anyone. The following social narrative can help you work with an individual with autism spectrum disorder or other related disabilities to feel more confident and prepared during such a crisis.



To MAKE:

1. Read through the social narrative.
2. Modify it, if needed.
3. Print out the social narrative.
4. Laminate the social narrative.
5. Cut the pages in half along the black lines.
6. Use a ring or other means to put the pages together into a mini-book.
7. Optional: print out the more compact version and read together.

To USE:

1. Create a quiet time to sit with the individual.
2. Explain that you are going to read a story together.
3. Read the story (or have the individual read the story).
4. Answer any questions, if the individual has any.
5. Try to make time to review the story multiple times prior to encountering the challenging situation.
6. Have the story available for reference during the challenging situation.

To LEARN MORE:

- ➔ How-To Template: Social Narratives
- ➔ Strategy in Practice: Hand Washing Schedules

MATERIALS PROVIDED ARE EXAMPLES ONLY!

They may need to be individualized to meet the particular needs of a person with an ASD!

SOCIAL NARRATIVE: CORONAVIRUS AND STAYING HEALTHY

When people get sick or see others who are getting sick, they may feel afraid or nervous. I might hear about getting sick with the corona virus on TV, at school, home or in other public places.

This may cause me to feel scared, nervous, or unsafe. It is okay to feel this way.

If I get too nervous or scared, I can talk to someone I trust. They can help me feel safe and share information that helps me understand the information being shared.

I can also do things to stay healthy. Here is what I can do.

- ➔ I can wash my hands before I eat, after I visit the bathroom, or after I am in a public place, like at the mall, on a bus, or in a restaurant.
- ➔ I can wash my hands with soap and lots of water and rub them back and forth.
- ➔ I can keep my hands away from my mouth, eyes, or nose. If I need to rub or touch my mouth, eyes or nose, I can do it after I wash my hands.
- ➔ If I need to sneeze or cough, I can cover my mouth and nose with the inside of my elbow.
- ➔ I can ask not to give others high fives, shake others' hands or make physical contact with others by hugging or giving kisses. I can still wave, give thumbs up, or talk to them.

Even if I do things to stay healthy, I may still get sick and have to go to the doctor or stay home.

To keep others in my community safe from getting sick, we may need to stay at home and away from school, stores, movies and friends even if I am not sick. Staying home will help keep others safe while we wait for the risk of the corona virus to go away.

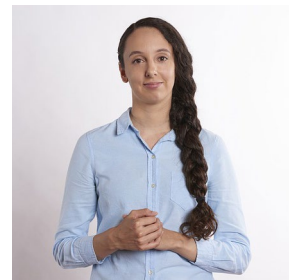
People, including me, my family or my friends, get sick and are still okay. If anyone I know gets sick, I can still take steps to stay healthy. My parents will let me know when it is safe to go to school, stores, movies and see friends again and it will all be okay.

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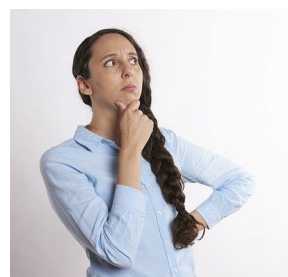
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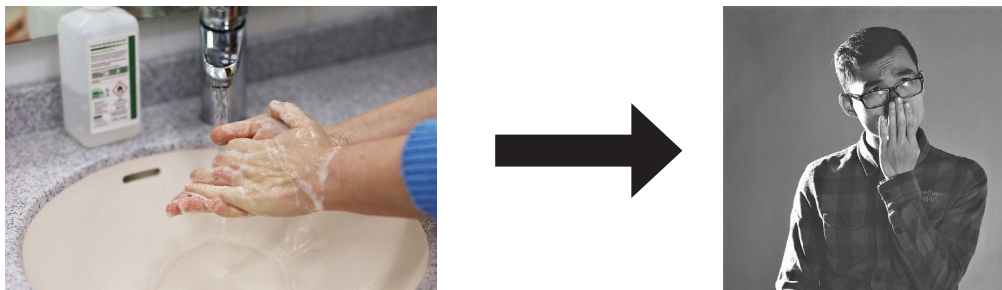
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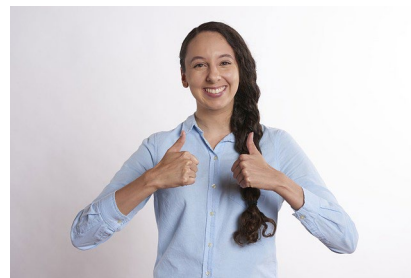
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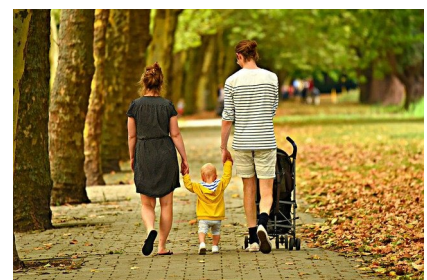
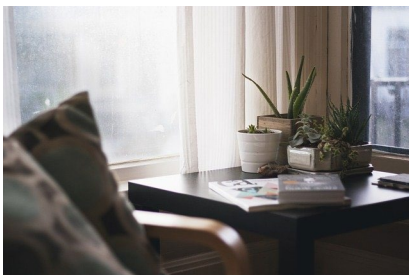
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