



Things Are Not the Same

By:

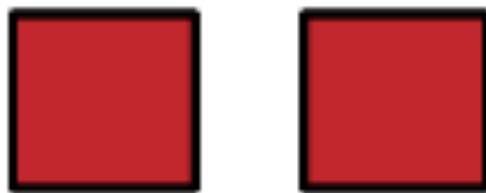
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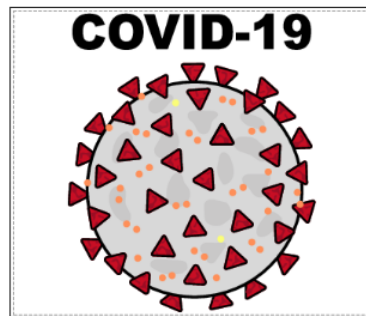
Today things around us
are different.



That means they are
not the same as we
were all used to.



Things have changed a lot because of the Coronavirus or COVID-19.



COVID-19 can make people very sick.



It is easy to spread COVID from person to person. This is why we had to make changes to protect everyone.



Some people
don't mind
when things
change, but
some people
really like
when things
stay the same.





Adults used to wake up and go to work, and kids would wake up and go to school.

Now people are working from their houses and they stay home a lot. Kids were seeing their teachers on computer screens.



That was a hard change because staying home all the time can be frustrating and boring.



Some of the places people love to go to like the mall and the movies are closed because it's better if people don't gather in crowds.



People are also wearing masks all the time. Masks keep the germs inside so we don't spread germs.



When you see people wearing masks it can be scary or weird because you can't see their whole face. But you can focus on their eyes which makes it not as scary.





Wearing a mask can also make it a little harder to breathe, and can make you feel anxious or nervous.



Just remember to breathe slow and stay calm, and you will feel ok.



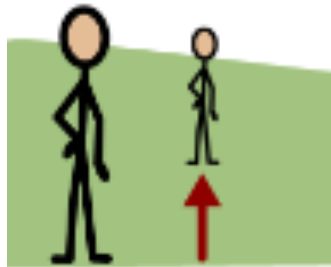
There are a lot of places that are safe and it will help to leave the house.



Parks, beaches, and supermarkets are all safe places to go as long as you follow the rules.

The Rules

1. Stay 6 feet apart from people that you don't know, in public places.

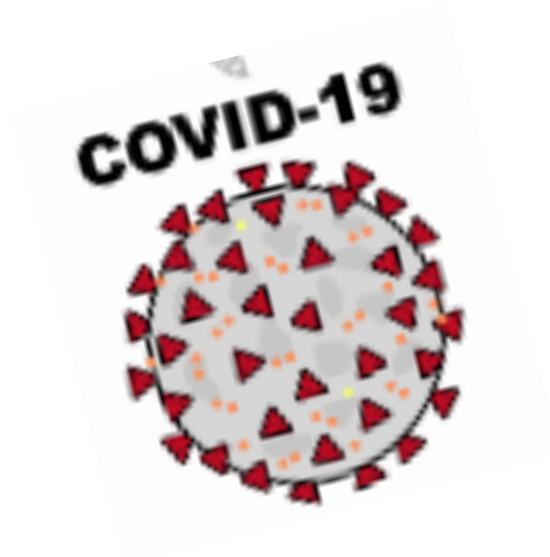


2. Keep your hands to yourself and if you touch something or someone use hand sanitizer.



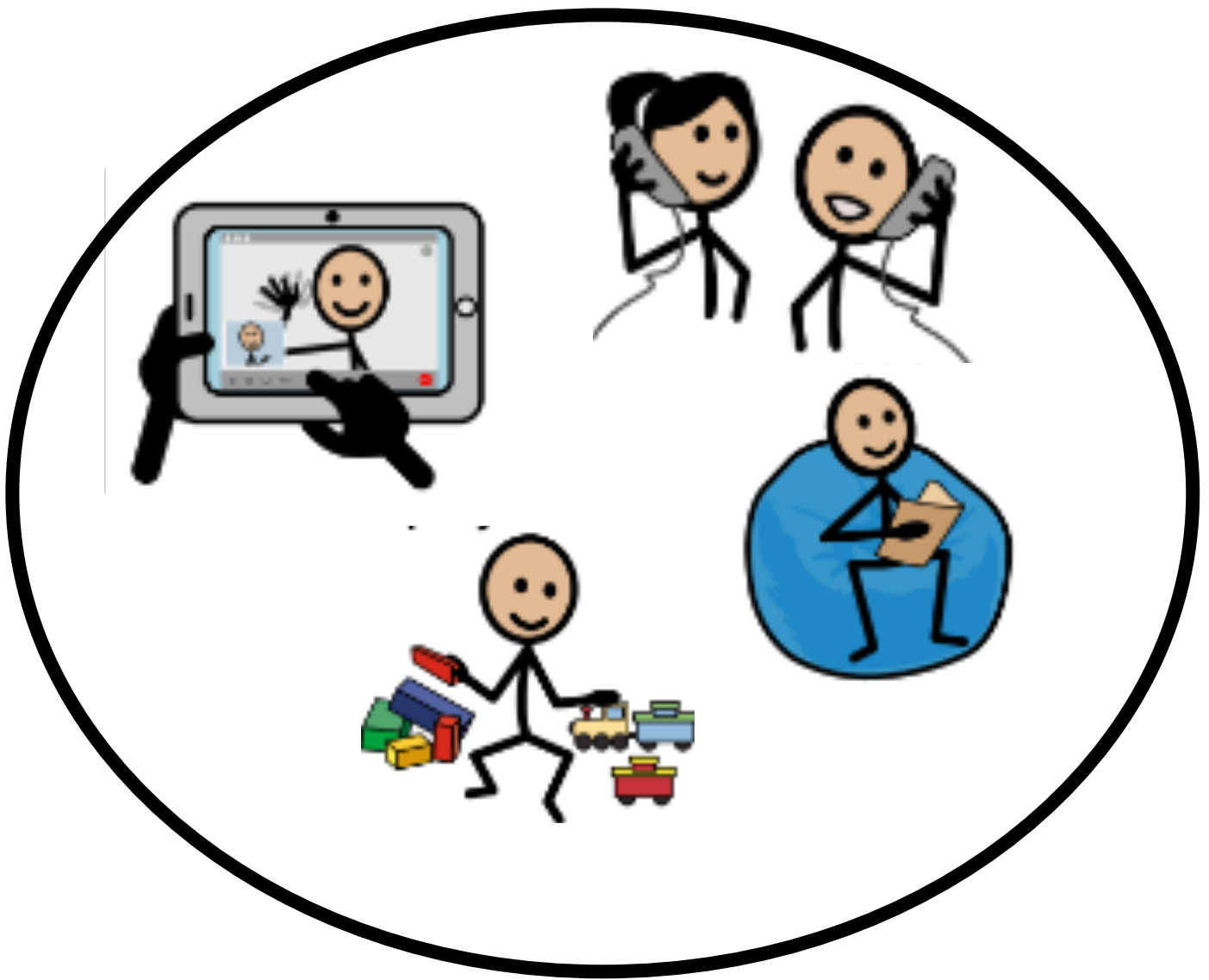
3. Wear a mask in public places.





Someday soon when COVID starts to disappear or there is medicine to protect us from COVID things might go back to the old ways, but it might take a while.





Do things that make you feel happy and safe. Be happy to see your friends from school even if you call on the phone or FaceTime. As long as you are happy and safe, things will be ok.

If you start to feel nervous about how everything is changing you can always focus on things that have stayed the same. Some examples might be that you always have a sandwich for lunch, or watch a favorite show, or play with your dog in the backyard.



Think of all the things that are just as they always have been. And if you do feel scared or nervous get an adult to help you.