

All about COVID-19 – What to expect

This is a social story to be read with, or by, people we support to help them to understand the latest advice and guidance around the COVID-19 outbreak.

This story is for people who live by themselves

For social stories to be successful they should be read regularly, in the same way each time and before the event. This means this story will be most successful if it is read every day regardless of if the person is self-isolating or showing symptoms.



COVID-19 is a type of illness that makes people feel poorly.



If I catch COVID-19 I might:

- get a sore throat
- get a cough
- have a high temperature
- find it harder to breathe



I can help stop myself and the people who support me from getting poorly by washing my hands more often.

I must wash my hands for at least 20 seconds.



I can sing a short song to help me wash my hands for long enough.



I must wash my hands:

- as soon as I come home from being out
- before and after I eat
- after I have been to the toilet



I must ask any of my visitors to wash their hands as soon as they arrive at my house.

I can also help stop myself and other people catching it by keeping my house clean.



I can use anti-bacterial wipes or a soapy cloth to clean my surfaces, door handles and other things people touch a lot.

I can also help stop myself and other people catching the virus by trying not to touch my face.



If I do touch my face I must wash my hands afterwards.

While the virus is spreading some things might be different at my house.



The people supporting me might not always be my usual support worker.

The people supporting me might wear aprons and gloves more often than usual.



When people supporting me need to come close to me they might wear a mask.

This might look a bit strange because I won't be able to see all of their face but they are still the same person.



They will only need to wear masks when they are close to me.

I might not be able to go out as often as I like.



This is so that we can help stop other people getting unwell.

If I get a new cough or a sore throat, I will need to stay at home for 10 days.



This is so that I don't make other people poorly from catching the virus.

I will have to wait for 10 days even if I feel better.



After 10 days I can go out again.

If someone I know gets COVID-19 I will not be able to visit them.

This is because they will have to stay at home by themselves for at least 10 days.



I can speak to them on the phone or send them a card.

This information was made with thanks to Photosymbols.