Going Back into the Community after the Coronavirus

During COVID-19

Safe to leave my house
In The Community I Can…

- See My Friends
- Go to the store with my family
- Visit Family
- Maybe even go back to school & keep learning
To Be Safe I Will…

Keep washing my hands

Keep wearing a mask if I need to

Keep space between me and others
If I Feel Nervous or Scared to Go into the Community, I Can…

1. Take a deep breath.

2. Try walking outside with someone, or walking around the neighborhood.

3. Use my coping skills like deep breath, counting, listen to music, talk to mom/dad/teacher/friend, or take a favorite object with me.