

SOCIAL DISTANCING

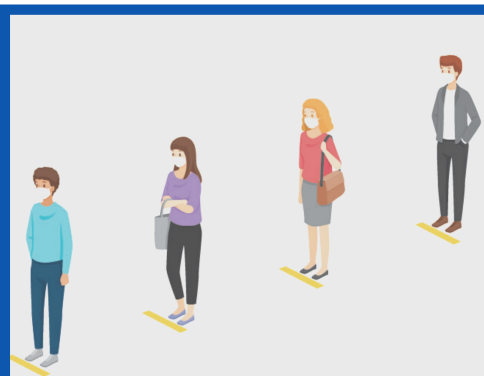
To Keep People Healthy



Some sicknesses are caused by germs that one person can pass to another person. Keeping away from other people helps to prevent spreading germs. This is called social distancing.



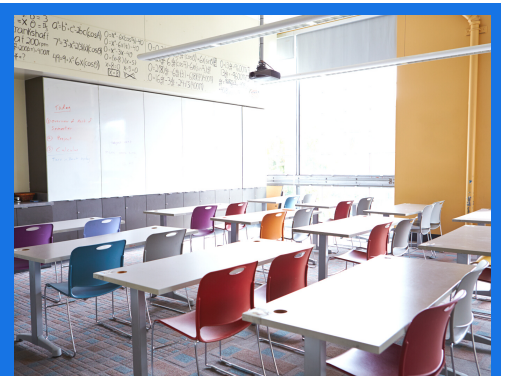
Parents and other adults will let children know when it is important to practice social distancing and who they need to keep a safe distance from.



When we social distance, we try to stay at least 6 feet away from others. Six feet is about the length of most beds from the pillows to the end of the bed.



When I am social distancing, I may not be able to do things I used to do. I might stay away from places like school, friends' homes, restaurants, summer camps and other places where germs can spread to others.





There are a lot of things that some people still do during social distancing. I might be able to go outside and keep a safe distance from others while riding a bike, running, or hiking.



I might be able to spend time with people at home – playing games, reading, watching movies, or working puzzles. I might spend time with friends or family talking or texting by phone or computer, or play online games with friends.



I might feel worried or sad about social distancing. I might have difficulty with the changes. It might be hard to be away from people and activities. Sometimes parents and other adults can help me feel better.



Helping myself and others to be healthy by using social distancing might make me feel proud. Knowing that my parents and other adults can help me know what to do might help me feel calm.



 **AUTISM SOCIETY**
Improving the Lives of All Affected by Autism

Created in collaboration with Ruth Aspy, Ph.D., and Barry G. Grossman, Ph.D., members of the Autism Society Panel of Professional Advisors.