



What is Coronavirus (COVID-19)

The Coronavirus is a newly discovered virus which causes an illness called COVID-19. People who have this illness might have the following symptoms:



fever or temperature



cough



sore throat



Feel very tired



Have some difficulty breathing

Most people who have gotten sick have experienced mild symptoms. But there have been some people who have become very sick. These have usually been older people or people who already have other health problems. This means that we ALL need to work together to help keep each other safe.



Asciak and Associates Information Sheet

16 March 2020

What can I do to stay healthy?

Wash your hands frequently with soap and water. You can wash your hands before and after eating, as well as after going to the toilet. Hand sanitisers can also be used if you cannot wash your hands.



Cover your cough and sneeze.



Throw your tissues in the bin

Avoid touching your face if possible.



If possible, try to stay away from people who are coughing and sneezing.



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What can you do if you feel sick?

It is always important for you to let others know when you feel sick. That will help them to take care of you. You can let your family know and they can help you to contact a doctor if needed.



It is important that people who are sick stay home until they have fully recovered.

What does COVID-19 mean for you and your appointments with us?

If you or a family member isn't feeling well, please ask someone in your family to ring us to let the office know. This has always been an important rule at our office.

Your appointment can be changed to another day. We can talk to you or your family about the best way to do this.





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You might notice some changes around our office when you come in to visit us.

Many of our toys will be packed away for a little while.



They will be taken home with us and will return to their usual place at the office at a later time. If you like, you can bring a special toy from home to show us instead!

We will also pack our textas and pencils away. Don't worry, if you need to use them, we can get a few out and we will make sure they are clean before you use them.



You might also notice us cleaning and wiping down surfaces like tables, door handles and the EFTPOS machine. Don't worry, we just want to make sure everyone who visits us can remain healthy.

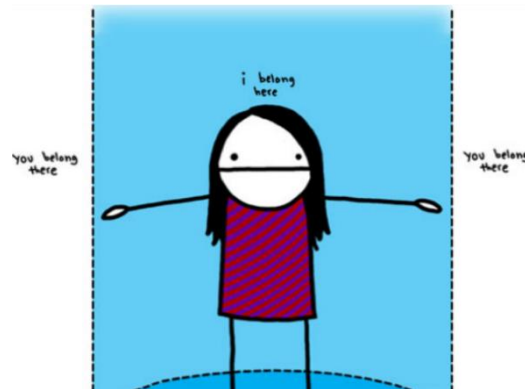




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People at the office are going to help us all remember to stay in our own personal space. This is a little bit like pretending that we all have an invisible 'bubble' surrounding us and making us feel safe. We can stretch our arms out to learn how close we can sit or stand near others.



This means that we won't be shaking hands or hi-fiving people in the office. That's ok we can wave instead.



We have actually been learning about some new creative ways to greet people that you might like to try. Why don't you check them out?





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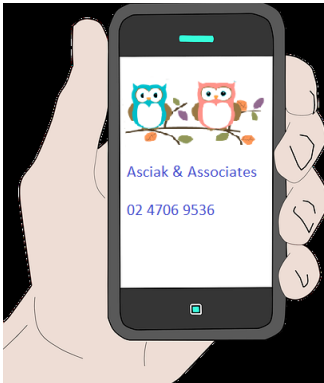
What to do if you feel worried?

It's ok if you are feeling a little bit worried. Lots of people feel worried right now. If your worries are starting to take over though, here are some things you can do:

Remember to make time to do the things you find fun.

Talk to your parents or another trusted adult about how you are feeling.

Your psychologist can also give you some extra tips to help with worries. Just let your family know that you need a little help.



Remember

It is important to remember that if we are kind to one another and all work together it will be much easier for everyone to remain healthy.