

Social Distancing

What is it?

Social distancing is making sure we stay at least two metres apart from the people outside of our household.



Why should we do it?

- to stop the spread of COVID-19
- because it makes it less likely we will get COVID-19
- it makes it less likely for us to pass COVID-19 to others

When should we do it?

- when we are standing in queues
- when we go for walks
- when we meet anyone who doesn't live in the same house as us



Remember!

If you want to still connect to friends or family, you can give them a call or send them a letter or picture

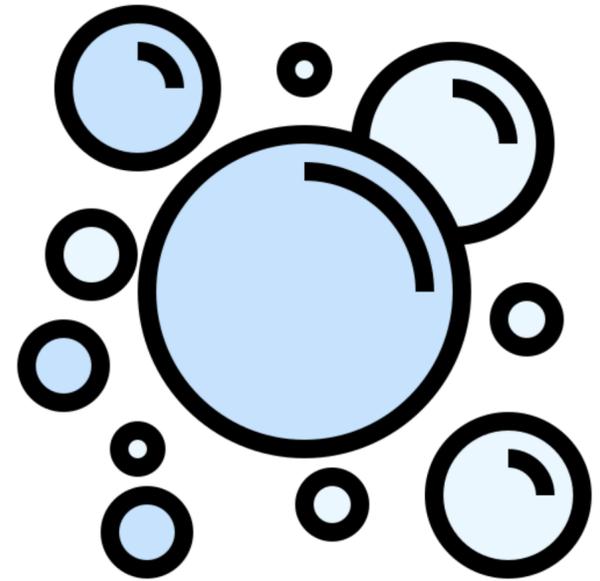


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Bubbles and Pods

What are they?

You might have been put in a bubble or pod by your teachers. This means that you sit near the same people in the class and should be spending most of your day with only these other kids.



Why should we do it?

By having these smaller groups and staying in these small groups, we are protecting ourselves and our pods and bubbles from getting COVID-19 from the other bubbles in our school.

How do we do this?

We stick to these guidelines by only playing with people in our bubble or pod.

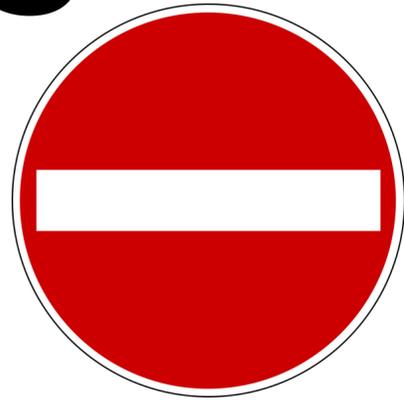
By only playing with these people it's less likely we'll get COVID-19 from other bubbles, or that we'll pass it to other bubbles.



Following "One Way" Systems

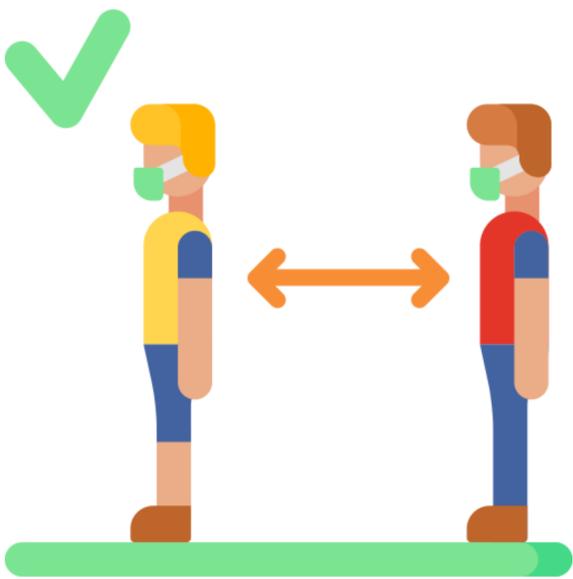
What is it?

These are the one way systems shown by arrows on the ground at school, at the shops and public places that show us which way to go



Why should we do it?

- They make sure everyone is going in the one direction
- This means we come in contact with fewer people and helps us socially distance
- This all stops and slows the spread of COVID-19



When should we do it?

- when we go shopping and there are arrows on the ground
- when we are at school
- when we are in public places and there are one way systems in place

Remember!

Sometimes following arrows takes longer, but following them will help protect both you and your family from getting COVID-19.



T-RES

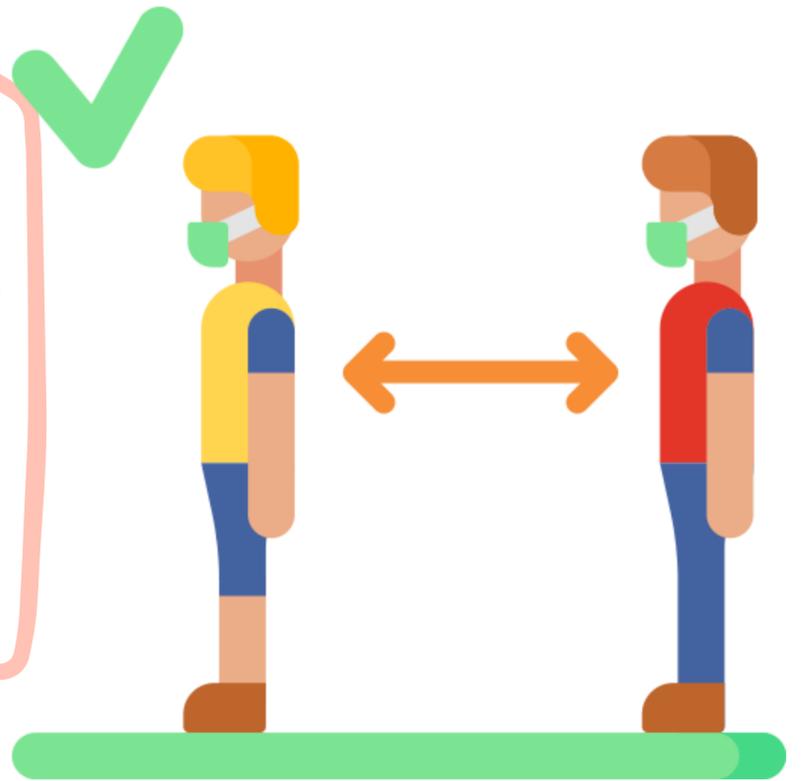
Autism Transition Resources

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Queuing

What is it?

Shops and public places are limiting the number of people that can enter at a time. This means that we might need to wait in line before entering



Why should we do it?

- By queuing we make sure that only a few people in a shop at any one time
- This means we come in contact with fewer people and helps us socially distance
- This all stops and slows the spread of COVID-19

How should we do it?

When we are queuing to get into a shop we should make sure we keep 2 metres away from the person in front of us

Remember!

Sometimes people may not be queuing properly. If you feel uncomfortable, you can nicely ask the person behind you to take a

