

## **Important Changes because of COVID-19**

As you may know, there is a new illness called COVID-19 spreading around the world. Its nickname is the Coronavirus.

It is spread from person to person through germs from people who have COVID-19.

Community Living Windsor and your staff are doing a lot of things to help you stay healthy:

- The staff that work in your home will not work in any other home. This means they are less likely to get sick and spread germs.
- Ventures is closed and trips and events are cancelled

A really important way to stay healthy is to only see the people you live with and your support staff. This means your family may not be able to visit until the germs stop spreading.

If you miss them, you can still call them on the phone. You can also write them a letter. You might even be able to see them on video chat.

## **What do I do if I feel sad or nervous?**

These changes may make you feel sad or lonely. It is also normal to feel scared about germs. It can help a lot to talk to someone you trust.

Remember, there is still a lot of things you CAN do!

- **Do a puzzle**
- **Watch a movie**
- **Draw a picture**
- **Bake cookies**
- **Sit on the porch in the sunshine**
- **Call a friend or family member**
- **Have a dance party**
- **Do yoga**
- **Sing**
- **Go for walks in the neighbourhood**
- **Tell jokes**
- **Look at photographs**
- **Go for a drive**