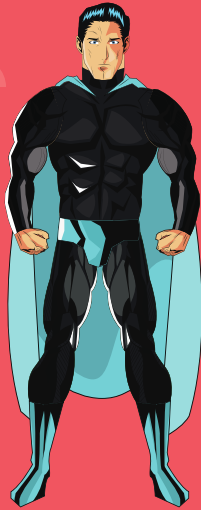


# My Life with COVID-19

How to deal with a global pandemic



A comic strip about  
COVID-19

Brought to you by  
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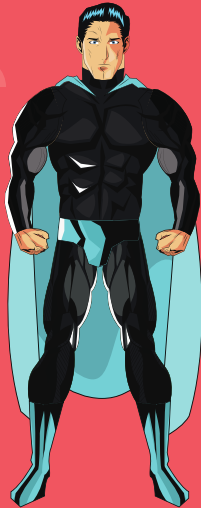


VIRGINIA DEPARTMENT OF  
**EDUCATION**

# My Life with COVID-19



How to deal with a global pandemic

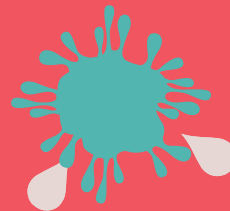
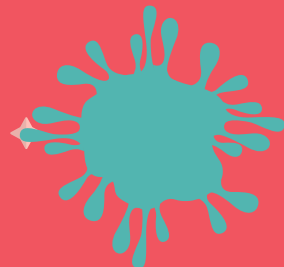


What is happening on Planet Earth?

Humans are dealing with a pandemic.



What's a pandemic?



A pandemic is when a disease spreads all around the world.

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How to deal with a global pandemic

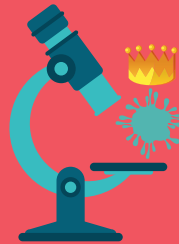
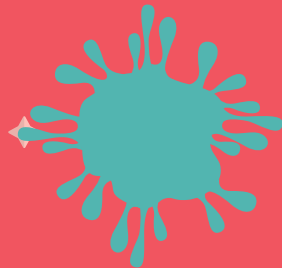


What is making people so sick?

It's a type of virus called a coronavirus.



What's a coronavirus?



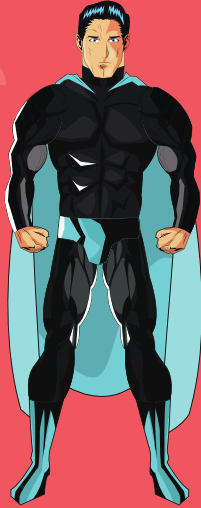
When you look at this virus under a microscope, it looks like a crown.

Viruses like this are called coronaviruses.



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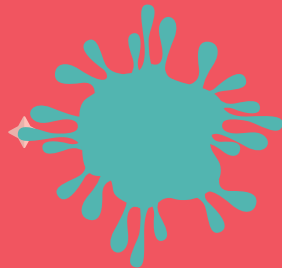


Are there different kinds of coronaviruses?

Yes! Some types of coronavirus cause only minor illness.



What kind of coronavirus is the one causing the pandemic?



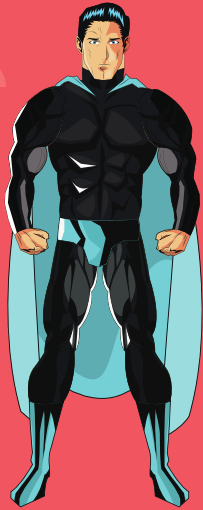
The current pandemic is causing a disease called COVID-19.

Some people are getting very sick so we need to be very careful.



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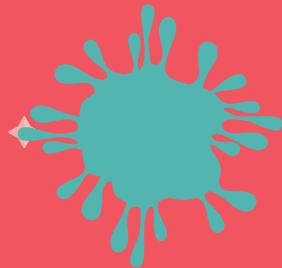


What can humans do to help stop the pandemic?

Staying away from others is really important!



Should I go to another planet to be safe?

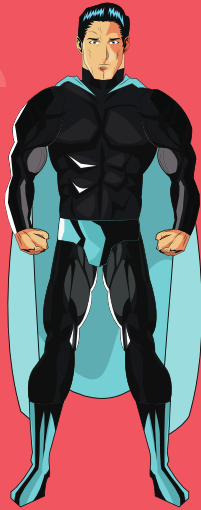


No, you can just stay at home!



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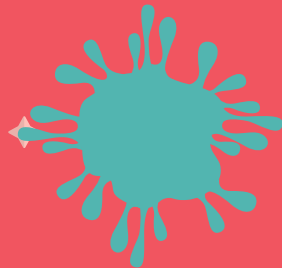


But what if there is an emergency and I have to leave the house?

You will want to use social distancing.



Social distancing?  
What's that?



6 feet



If you have to go out for emergencies, stay 6 feet away from others.

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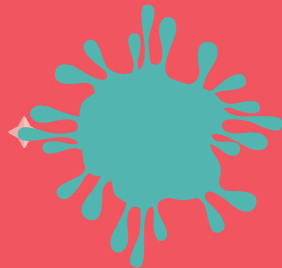


Got it. I can do that.  
What else can I do?

Washing your  
hands is **REALLY**  
important.



But I already do that!



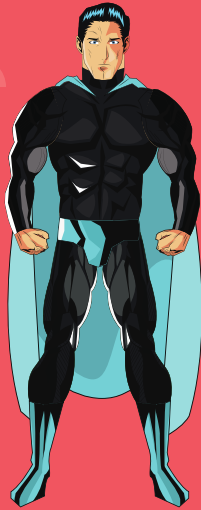
**20-30**  
seconds

Just make sure you wash  
better than ever and  
wash for 20-30 seconds!



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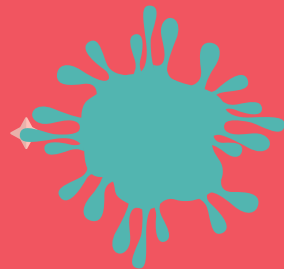


Wow, this is a lot. I'm kind of worried about what's happening.

It's ok to be worried. Everyone is. But there are things you can do.



Like what?



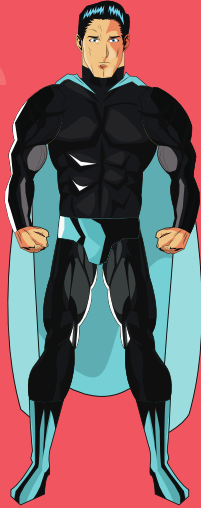
Talk with your family about your worries. They may have ideas for ways to calm down.





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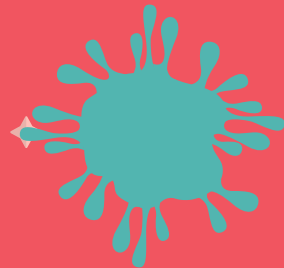


Ok, I can do that!  
What else can I do?

There are lots of  
things you can do!



I can't think of  
anything. I'm too  
worried about  
**EVERYTHING.**



Stay calm. Remember,  
you still have things you  
love to do at home!



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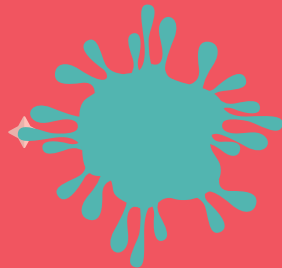


You're right! I do love listening to music and watching movies!

See? There are many things you can do to feel 'normal' right now.



But what if I start to feel really lonely because I am stuck at home so much?

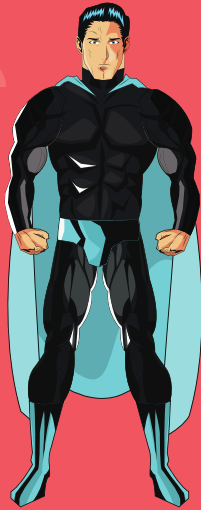


You will definitely want to stay in touch with friends and family. You can always call or check in online!



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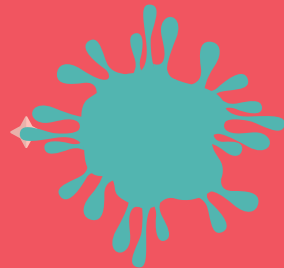


Yeah, I guess I already do talk to everyone even when I can't see them.

That's right! There are lots of alternatives to being there in person.



I do use texting. I guess I could do that.



You can also try Facetime, Skype, Zoom, or even take pictures and send through email.

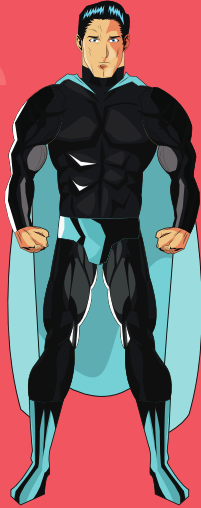
This way, you can safely see people for birthdays or just to check in.

You can do lots of things online together!



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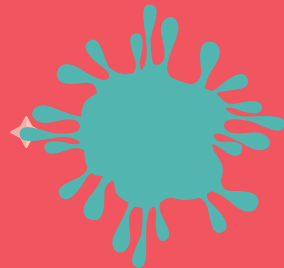


Wow, this is a lot to deal with right now.

This is really hard for everyone. But it will get better.



Do you know when? I don't like how fast things are changing.



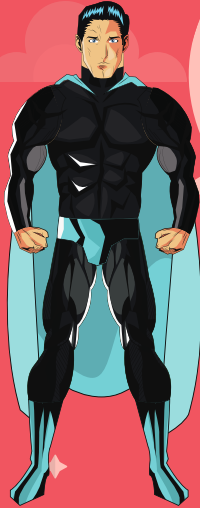
Right now, we don't know that answer. Just try and take it one day at a time!

Some days will be better than others and that's ok!



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Want more COVID-19 Resources?

Check out the VCU-ACE website! We have a COVID-19 section with more to watch and learn!



vcuautismcenter.org

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VCU-ACE is a university-based technical assistance, professional development, and educational research center for Autism Spectrum Disorder in the Commonwealth of Virginia.

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