WHY AM I STUCK AT HOME?

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When I am sick, I stay home and away from my friends until I am feeling better.
I want my friends to be healthy and I do not want to get anyone else sick.
But, I am NOT sick so why can't I go anywhere and why can't I see my friends?
I heard there is a new sickness called the Coronavirus or CoVid19 that is making a lot of people sick.
To stay healthy and safe, I was told that we should stay at home. It's called social distancing!
Social distancing means I should NOT be close to other people!
This is why my school and other fun places I like to go are closed!
This is why my Mom might be working from home.

This is why my Dad might be working from home.
This is why I am talking to people, including my teachers and therapists on the computer.
Social distancing might make me feel sad because I can't see my friends and I can't go to different places.
When I am feeling sad, I have a lot of people I can talk to.

My mom!
My dad!
A friend!
A therapist!
I can do so many fun things at home.

- Read a book
- Listen to music
- Computer
- Toys
- Games
- Puzzles
- Take a walk
- Bike
- Art
- Video Chat
- Homework
- TV or Movie
- Color
- Cook
I can do therapies using the computer, tablet (ipad) or phone.
What other fun things can you do?
Social distancing will help me and my family to stay healthy and safe.
So really, I am not stuck at home, I AM SAFE AT HOME.
Contact us at 412.342.2270 to learn about telehealth opportunities that can help you and your family to continue with essential services.