

Following COVID-19 education makes me a hero in my community!

DECEMBER 2020





Good News! There are special ways to take care of ourselves to keep us and others around us extra safe!



Bad News... we
have stricter
rules set for our
community.



LOCKDOWN GREY ZONE



Our province
will be going
into a lock-
down for 2
weeks.



Good news! We are in this together and luckily we can connect online and talk about it!

Today we will talk about
COVID-19.



You have probably heard a lot about the virus recently...

- There have been more and more cases everyday
- Events are being cancelled
- Stores are closing again.
- And people are going back into social isolation.

This means that people are staying home to help slow the spread of the virus.

<https://peoplefirstofcanada.ca/wp-content/uploads/2020/03/COVID19InfoForPFCBoard-1.pdf>



What is COVID-19?



Covid-19 is a virus that is very similar to the flu or the common cold.



You may not know
that you are
infected unless
you get tested.

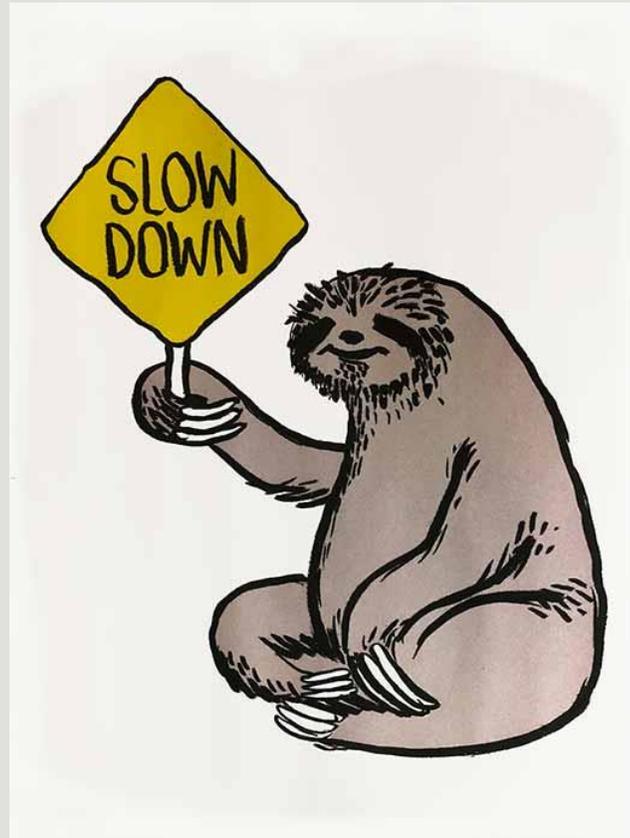


It is easily spread in groups of people



Because of this, we are being asked to stay home.

This is to help slow the spread of the virus.



#StopTheSpread



And to keep us and the people we care about extra safe!

So, what do we do in a
shutdown?



We will stay home from December 26th to January 9th.



Even at home we will wash our hands a lot.



Our staff supports might be different too. But we will work as a team to keep each other safe.



And we will
have to
cancel some
plans.



Luckily we can still connect online with the people we care about!



It is a service to our community by staying home. We are helping ourselves and others!



You are helping to fight a battle!



And you are being a hero by keeping others safe like our health care workers and doctors!



What we do
now will
impact our
future for
the good!

Conversation about how we can have fun
staying at home.
