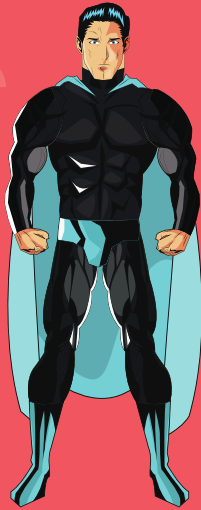


# My Life with COVID-19

How to deal with a global pandemic



A comic strip about  
COVID-19

Brought to you by  
the following:



**VCU**

VIRGINIA COMMONWEALTH UNIVERSITY



**VCU** *Autism Center for Excellence*  
Virginia Commonwealth University

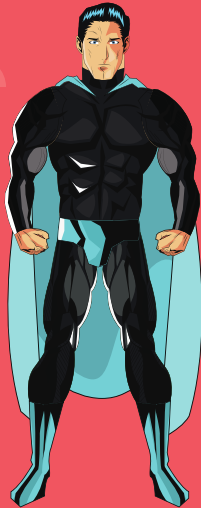


VIRGINIA DEPARTMENT OF  
**EDUCATION**

# My Life with COVID-19



How to deal with a global pandemic

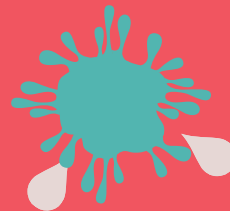
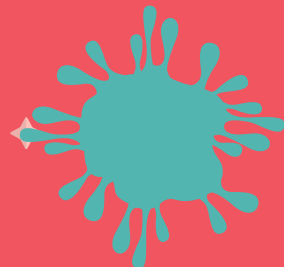


What is happening on Planet Earth?

Humans are dealing with a pandemic.



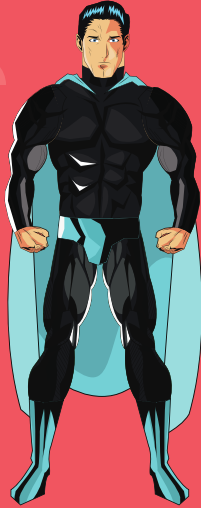
What's a pandemic?



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

# My Life with COVID-19

How to deal with a global pandemic

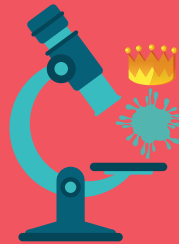
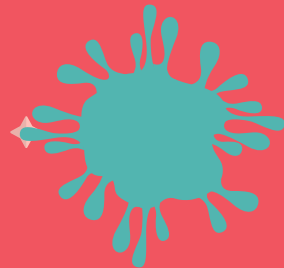


What is making people so sick?

It's a type of virus called a coronavirus.



What's a coronavirus?



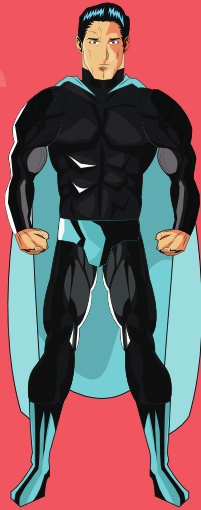
When you look at this virus under a microscope, it looks like a crown.

Viruses like this are called coronaviruses.



# My Life with COVID-19

How to deal with a global pandemic

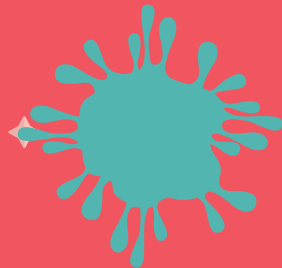


Are there different kinds of coronaviruses?

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.



# My Life with COVID-19

How to deal with a global pandemic

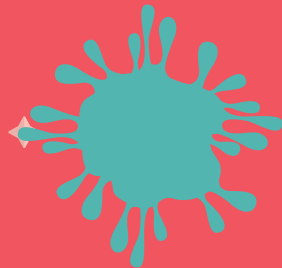


What can humans do to help stop the pandemic?

staying away from others is really important!



Should I go to another planet to be safe?



No, you can just stay at home!



# My Life with COVID-19

How to deal with a global pandemic

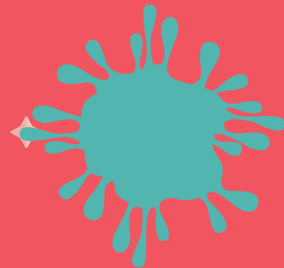


But what if there is an emergency and I have to leave the house?

You will want to use social distancing.



Social distancing?  
What's that?



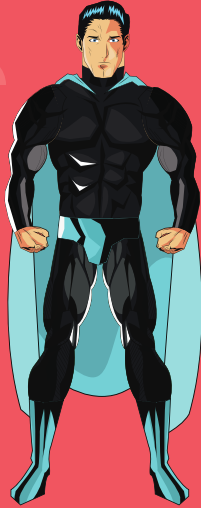
6 feet



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

# My Life with COVID-19

How to deal with a global pandemic

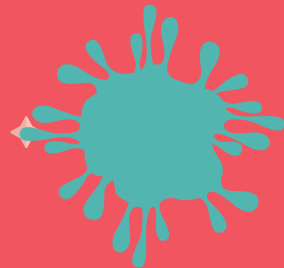


Got it. I can do that.  
What else can I do?

Washing your  
hands is **REALLY**  
important.



But I already do that!



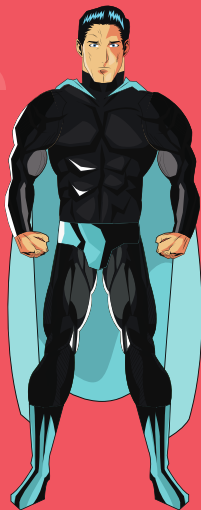
**20-30**  
seconds

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



# My Life with COVID-19

How to deal with a global pandemic

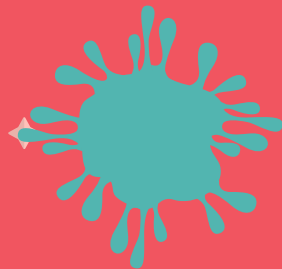


Wow, this is a lot. I'm kind of worried about what's happening.

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



Like what?



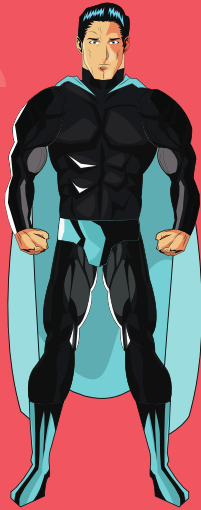
Talk with your family about your worries. They may have ideas for ways to calm down.





# My Life with COVID-19

How to deal with a global pandemic

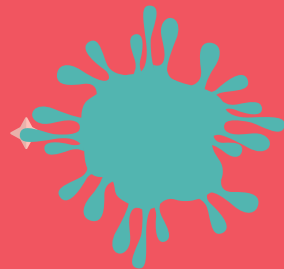


Ok, I can do that!  
What else can I do?

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!



# My Life with COVID-19

How to deal with a global pandemic

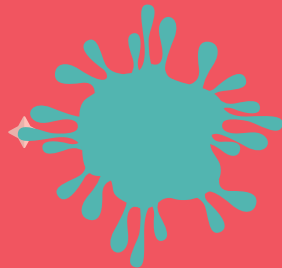


You're right! I do love listening to music and watching movies!

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?

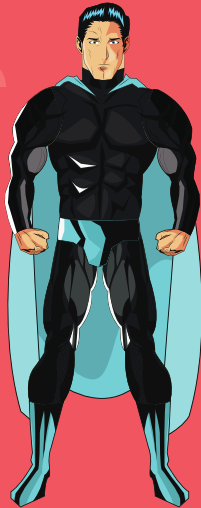


You will definitely want to stay in touch with friends and family. You can always call or check in online!



# My Life with COVID-19

How to deal with a global pandemic

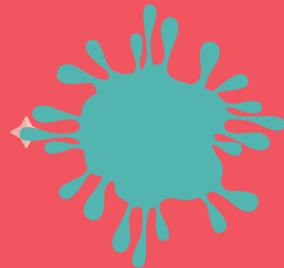


Yeah, I guess I already do talk to everyone even when I can't see them.

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.

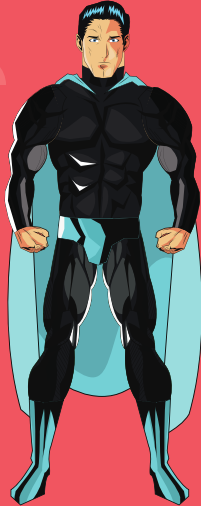
This way, you can safely see people for birthdays or just to check in.

You can do lots of things online together!



# My Life with COVID-19

How to deal with a global pandemic

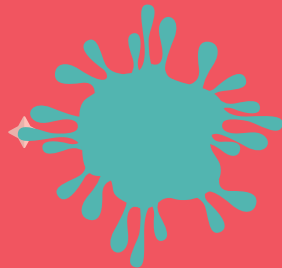


Wow, this is a lot to deal with right now.

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



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



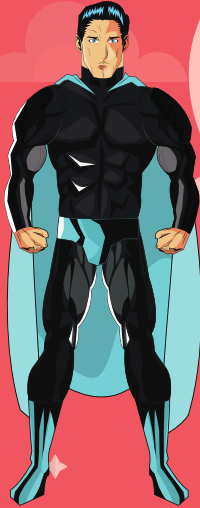
Right now, we don't know that answer. Just try and take it one day at a time!

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



# My Life with COVID-19

How to deal with a global pandemic



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

VCU VIRGINIA COMMONWEALTH UNIVERSITY Make it real. CAMPAIGN FOR

VCU Autism Center for Excellence Search JOIN OUR MAIL LIST

Home Training & Education Resources Research PARAPro Technical Assistance News About U

**How To: Teaching Handwashing**

COVID-19 Resources for individuals with ASD and their Family Members during the COVID-19 Closure. LEARN MORE

ace VCU-ACE is a university-based technical assistance, professional development, and educational research center for Autism Spectrum Disorder in the Commonwealth of Virginia. I WANT TO LEARN ABOUT PLEASE SELECT A TOPIC

[www.vcuautismcenter.org](http://www.vcuautismcenter.org)