THE STAY UP LATE GUIDE TO CORONAVIRUS
We have to stay at home as much as we can so we don't catch it or spread it.

Coronavirus is a new virus.

This virus is an invisible germ that spreads and can make you ill.

It can make people very ill and some people have died from it.

Most people will not become really ill.

People who become very ill may need to go to hospital.

It is very important to keep yourself and your family safe from Coronavirus.
The government says we must all stay at home as much as we can.

You can go outside in your garden if you have one.

You can go out for walks and exercise.

You can go to the shops to buy food or medicine. Try not to go too often though.

Don’t use public transport unless you really have to.

If you do use public transport, always wear a mask and wash your hands afterwards. Don’t forget to try not to touch your face.

While you are stuck at home it is good to think about ways in which you can still stay healthy.

When you go out, you must give everyone lots of space.
Life in lockdown...

Alex lived independently in his own flat. He had an active life.

I think I'll go for a swim today and then meet Barbara for lunch.

Alex loved going to his local cafes and pubs. He'd meet his mates and chat with the locals.

Hi Barbara, how are you doing?

I'm great time for another beer?

That sounds quite serious, but I'm not sure how it will effect me.

All of today we are closing all cafes, pubs, and restaurants.

Alex went back to his flat feeling very confused and frightened. He started to feel lonely, as he hadn't seen any of his friends that day.

Alex's support worker came to visit. Alex said how lonely and worried he was feeling.

I don't know what to do. I can't face watching another episode of 'Homes Under the Hammer'. I just want to see my friends.

I know Alex but we've been told by the government to stay at home to keep us all safe.

Alex tried some new things he'd never done before:
- Doing yoga
- Reading more books
- Planting some seeds and watching them grow
- Cooking Mexican food whilst wearing a sombrero

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Yvette had some ideas to help Alex feel less sad and bored.

Alex, there's loads of different things you can do at home to keep active. I'm going to show you some.

Watching TV all day isn't good for your health.

Yvette showed Alex other things he could do:
- He phoned his friends regularly
- He did video calls with his family

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Hi Barbara, how are you doing? It's lovely to hear your voice.

Hi everyone. I can't wait to see you all again soon.

Yvette explained to Alex that this lockdown would not go on for ever but they need to find a way to kill the virus.

This won't go on for ever. Let's look forward to seeing our friends again.
ALEX IMAGINED HOW THIS WOULD BE A BATTLE BETWEEN GOOD AND EVIL, THE ANTI-CV TROOPS AGAINST THE CORONAVIRUS.

TROOPS! PREPARE TO FIGHT!

YOU THINK YOU CAN KILL US CORONAVIRUSES? THINK AGAIN!

LET'S CRUSH 'EM!

TAKE THIS!

ARRGH!

SLASH!

JAB!

THIS SHOULD VAPORISE 'EM!

ZZAP!

ALEX DIDN'T ALWAYS FIND IT EASY BEING AT HOME ON HIS OWN BUT HE DID ALL THE THINGS YVETTE SHOWED HIM AND HE THOUGHT ABOUT THAT FIRST SWEET PINT HE WOULD BE DRINKING WITH BASHOBA WHEN THE LOCKDOWN ENDS.

THAT IS THE SWEETEST PINT OF BEER I'VE TASTED IN MY LIFE.

YOU CAN SAY THAT AGAIN SHALL WE STAY UP LATE AND HAVE ANOTHER TO CELEBRATE?

NO PROBLEM!
For more information, click on the following links:


Mencap’s easier to read guide - https://www.mencap.org.uk/

Don’t forget you can talk to your support worker, carer or a family member if you need more information about this