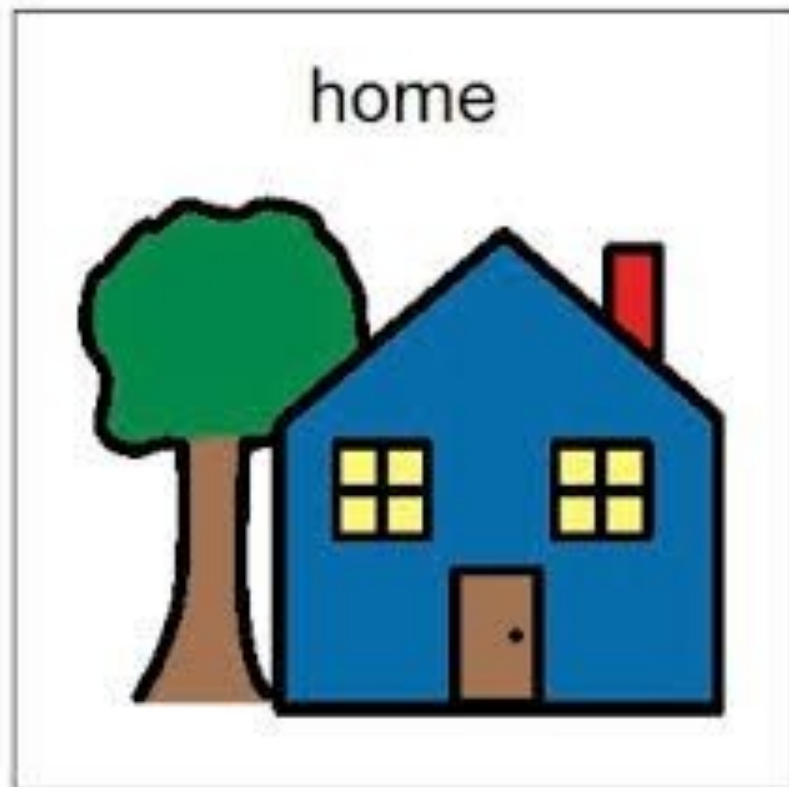




# I CAN Stay at Home





COVID-19 is a new type of virus, or illness. Some people call it Coronavirus. A virus can make you feel sick.

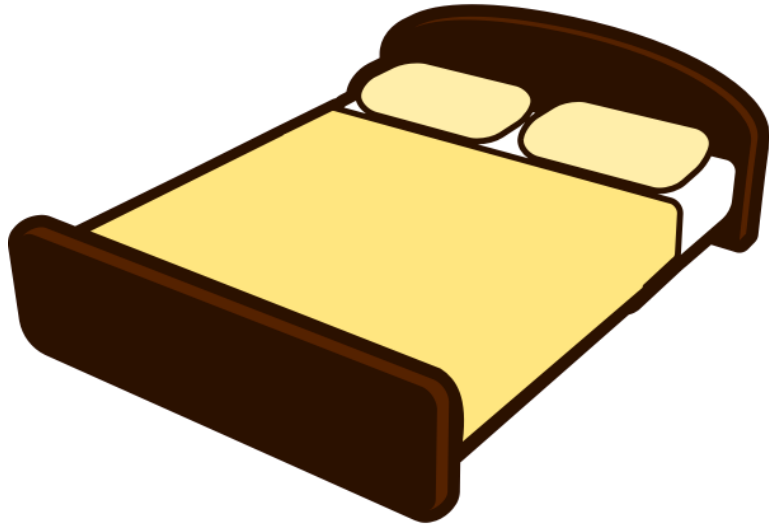




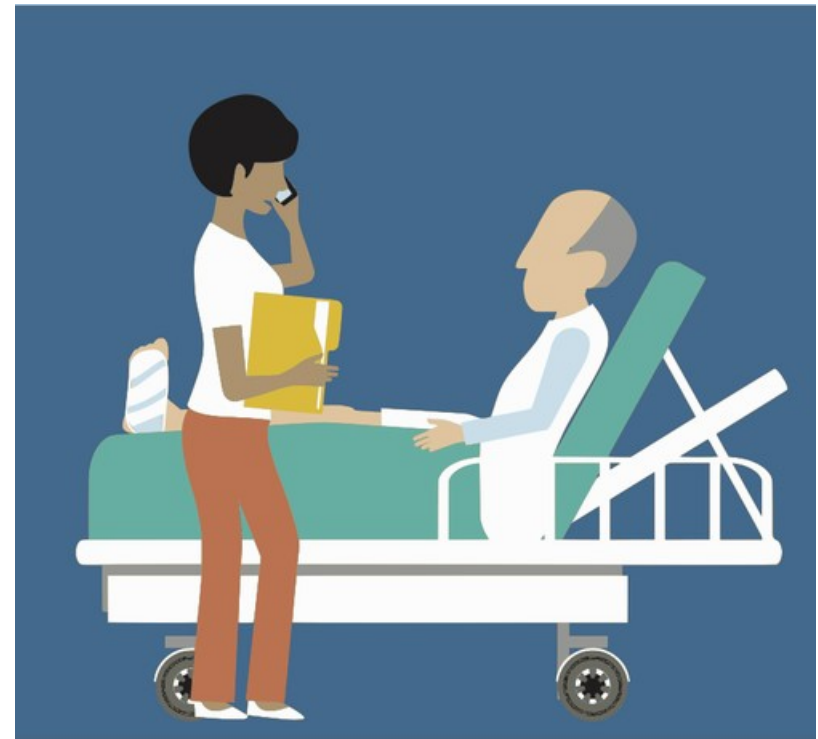
People who have COVID-19 might have a sore throat, a dry cough, fever or shortness of breath.



Lots of people with COVID-19 can stay at home and rest to get better. Some people might need to go to the hospital so a doctor can help them.



or





**Click on Coach Robbie to watch him teach you how to wash your hands!**

I can stop the spread of germs by washing my hands and singing Happy Birthday two times like [Coach Robbie!](#)

I will also keep my hands away from my face.



I can also stop the spread of germs by staying 2 meters away from other people when I go outside for fresh air.



**2 meters is about the length of 2 baseball bats!**



Lots of places are closed right now to keep everyone safe.  
That's ok. They will re-open later!







I will stay at home while school is closed.  
I will do my school work and homework at home.





I cannot go to CAN programs right now, but I can try new CAN activities online at [canucksautism.ca/homeactivities](https://canucksautism.ca/homeactivities)



**Animal Yoga with Coach Hallie!**

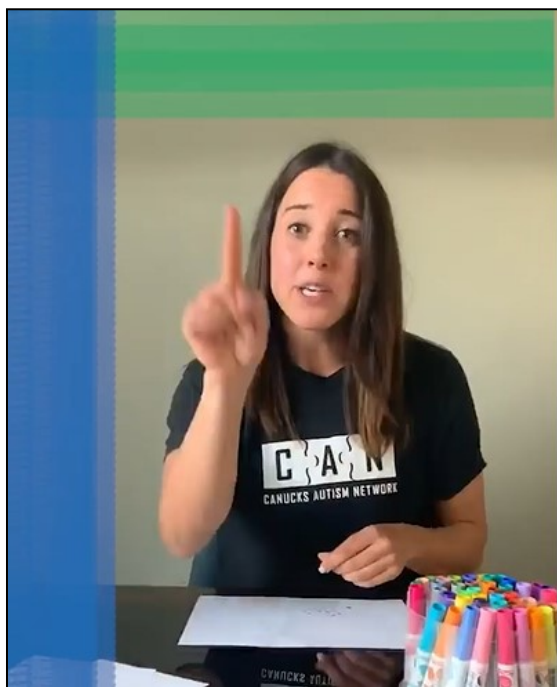


**Warm Up with Coach Neeesh!**



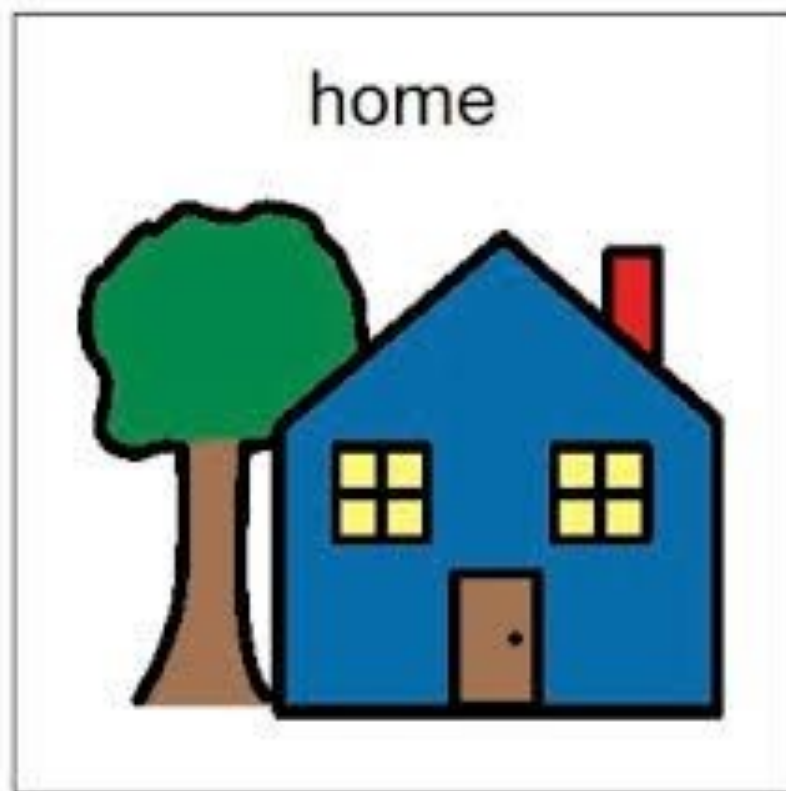
There are lots of things I can still do at home.  
I can choose what I like to do.

**Colouring with coach Kayla**



**Make animal toast with Carly**





I will stay home to keep me and the people I care about safe!



Everyone at CAN misses you and is looking forward to seeing you again soon :)

