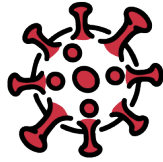
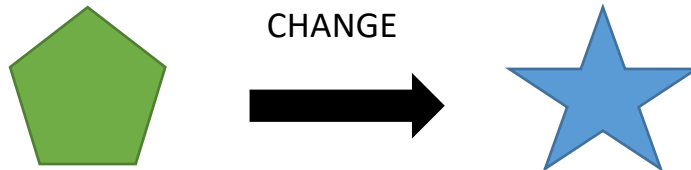


## My M-NASR Schedule will Change

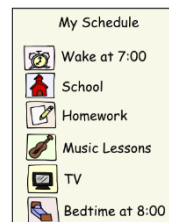
There is a sickness called the Coronavirus. People do not want to get sick. One way that people can try to stay healthy is by not being around a lot of other people. The best way for me to stay healthy and not catch germs is to stay at my house.



This means that my schedule and M-NASR programs will change. Not everyone can go to M-NASR or work right now. I may also stop going to my therapy sessions for a while. My mom or dad may work at home.



I can make a schedule for my day to help me know what to expect. Sometimes, things will change during the day. I may not be able to take a bike ride because it starts to rain. This will be ok. I can make a change on my schedule.



Once it is safe for people to go back to more places, I will be able to start going back to my usual schedule during the week. M-NASR programs will start again, but they will be different. My friends will be there, but I will not be able to hug or high-five them. It is important to follow directions and stand farther apart. This is for my safety and my friend's safety. M-NASR staff and participants will wear masks and we will wash our hands often. It will be fun to see our friends!

