



Corona Virus: What **CAN** I do?

	<p>There is a new virus called Coronavirus or COVID-19.</p> <p>This virus can make you feel very sick.</p>
	<p>This is why the Government and the HSE have told us to distance ourselves from others.</p>
	<p>People cannot meet in big groups, because the virus could spread to other people.</p>
	<p>This is why My Day Service is closed.</p>
	<p>We need to stay 1-2 meters away from others.</p>



Here are some choices I have:



There are a number of different activities I can do at this time.



I can make phone calls to people.
Staff can help me with this.



I can talk to family and friends using skype or facetime.
Staff can help me with this.



I can do puzzles.



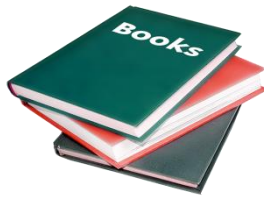
I can paint.



Here are some choices I have:



I can visit the garden.



I can read magazines,
books and papers.



I can listen to music.






I can help with baking.



I can watch TV, and Movies



Here are some choices I have:

	<p>I can play games.</p>
	<p>I can help with gardening.</p>
	<p>I can help out around the house with laundry, sweeping the floor, empty the dishwasher etc.</p>
	<p>Create a memory box.</p>
	<p>Exercise and keep moving.</p>

My plan for my day:

[PICTURE]

[PICTURE]

[PICTURE]

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All Done!



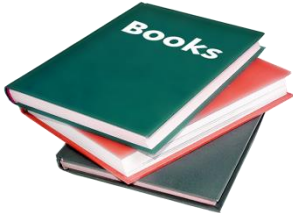












Here are my options for my planner:

These pictures can be cut out and used to insert into the day planner on the previous page.

<p>iPad</p> 	<p>Games</p> 	<p>Walk</p> 																																																												
<p>Garden / Park</p> 	<p>TV</p> 	<p>Magazine</p> 																																																												
<p>Hobbies</p> 	<p>Puzzles</p> 	<p>Baking</p> 																																																												
<p>Art</p> 	<p>Mealtime</p> 	<p>Drive</p> 																																																												
<p>Music</p> 	<p>Call Family</p> 	<p>Bingo</p>  <table border="1"><thead><tr><th colspan="5">BINGO</th></tr></thead><tbody><tr><td>1</td><td>16</td><td>40</td><td>47</td><td>72</td></tr><tr><td>12</td><td>18</td><td>●</td><td>50</td><td>74</td></tr><tr><td>●</td><td>22</td><td>●</td><td>46</td><td>64</td></tr><tr><td>8</td><td>17</td><td>32</td><td>●</td><td>68</td></tr><tr><td>6</td><td>28</td><td>37</td><td>54</td><td>61</td></tr></tbody></table> <table border="1"><thead><tr><th colspan="5">BINGO</th></tr></thead><tbody><tr><td>5</td><td>29</td><td>42</td><td>52</td><td>68</td></tr><tr><td>14</td><td>17</td><td>38</td><td>60</td><td>75</td></tr><tr><td>7</td><td>22</td><td>FREE SPACE</td><td>49</td><td>62</td></tr><tr><td>13</td><td>28</td><td>33</td><td>46</td><td>63</td></tr><tr><td>3</td><td>27</td><td>32</td><td>●</td><td>73</td></tr></tbody></table>	BINGO					1	16	40	47	72	12	18	●	50	74	●	22	●	46	64	8	17	32	●	68	6	28	37	54	61	BINGO					5	29	42	52	68	14	17	38	60	75	7	22	FREE SPACE	49	62	13	28	33	46	63	3	27	32	●	73
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<p>Books</p> 	<p>Colouring</p> 	<p>Relax</p> 
<p>Yoga</p> 	<p>Crafts</p> 	<p>Gardening</p> 
<p>Cooking</p> 	<p>Chat</p> 	<p>Massage</p> 
<p>Take Photographs</p> 	<p>Make a Shopping List</p> 	<p>Beauty</p> 
<p>Help</p> 	<p>Spiritual Time</p> 	<p>Exercise</p> 