

After being safe at home, it might feel scary to go back out again.



I should listen to the Governor about when it is safe to go out in my county again.



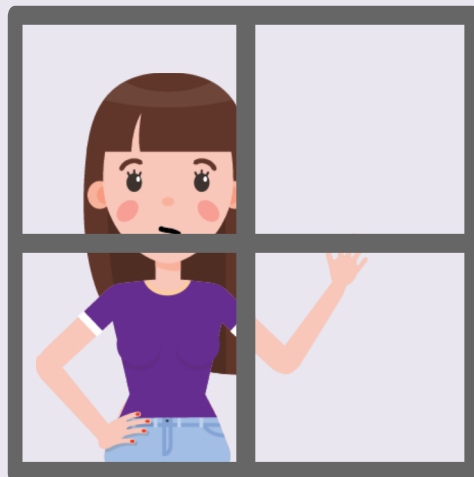
I might feel scared and excited at the same time.



Before going out, I could watch others in my neighborhood and see that they are safe.



I may feel less nervous if I see other people outside being safe.



My family and I can talk about ways to stay safe like wearing a mask, keeping a safe distance from others, and using hand sanitizer.



If I am anxious before I go out, I could have family or friends visit me at my home.



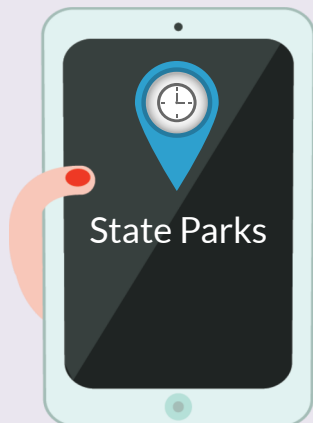
I can practice wearing my mask and using hand sanitizer in my home.



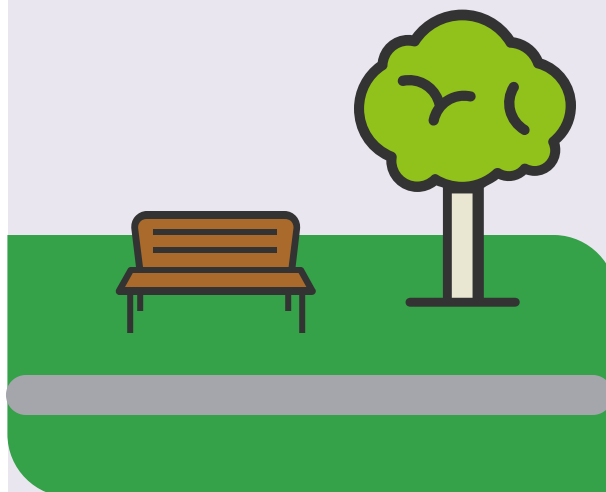
Before going out to the store or to visit friends, I could sit on the porch, balcony, or in my yard.



I can help plan our first trip out of the house.



When I'm ready, our first trip out could be to a park or somewhere outside.



My first trip out could also be to a family or friend's house where there won't be a lot of people.



Before going into a store, my family and I could drive to the store and watch people going in the store.



When I'm ready to go inside the store, we can go during a time when the store is less crowded.



We can make the first trip be short so I can get used to it again.



If we are visiting family or friends I can tell them I feel anxious.



It's okay to wait to go out until I feel safe.



If I need help with feeling safe, I can ask my friends, family, or support staff for help.

