

EXPLAINING THE DO'S AND DON'TS OF LOCKDOWN

A picture resource compiled by the Centre for AAC

*Made with Bildstöd images: www.bildstod.se
For information on the symbol license: <http://www.dart-gbg.org/licenser>*

With lockdown levels changing, activities that are or are not allowed also change. In order to provide a picture resource that explains the do's and don'ts of the lockdown levels to persons who require pictorial support, we compiled a basic resource for parents and caregivers.

How to make the resource

Print out pages 2-6 here following. Cut out the individual pictures on pages 3-4.

Paste the cut-out pictures with Prestik onto the 'can do' (p. 5) or 'cannot do' (p. 6) page as appropriate. When the lockdown level changes, you can move pictures around as some activities become allowable or not allowable.

Add your own personalized pictures (e.g. from magazines or hand-drawn).

If you do not have a printer

You may want to make your own resource based on this example, using your own creativity! Draw, paste pictures from magazines, etc.

How to use the resource

Place the resource in a visible place – hang it against a wall, cupboard or door, for example. Explain to the person who needs picture support what we must remember, what we can do, and what we cannot do, pointing to the relevant picture one at a time. Explain when regulations change and move the cut-out pictures to the right sheet.

THINGS WE MUST REMEMBER ALL THE TIME

Wash hands regularly



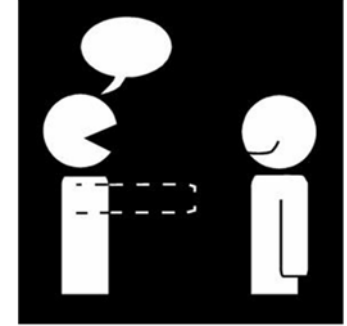
Cough into your elbow



Wear a mask when you go out



Keep a distance from others



Pictures of activities (cut out individually)

Be with family who live with you



Phone friends and family



Take a taxi if you wear a mask and sit away from others



Go shopping for essentials



Buy or pick up medicine



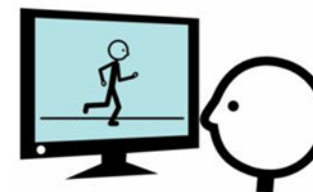
Study or read



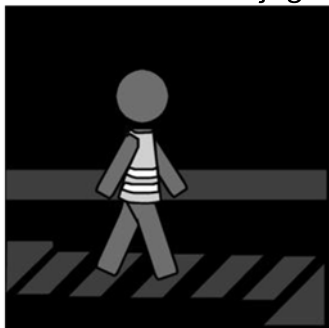
Do exercises at home or in your yard



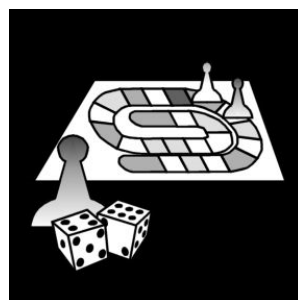
Watch TV



Go for a walk or jog



Play games at home



Pictures of activities (cut out individually)

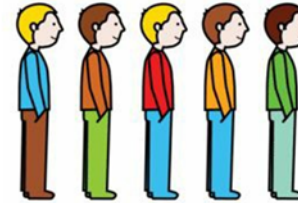
Go to church



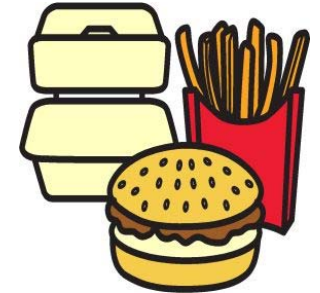
Go to a concert or match



Stand close to people in the shops



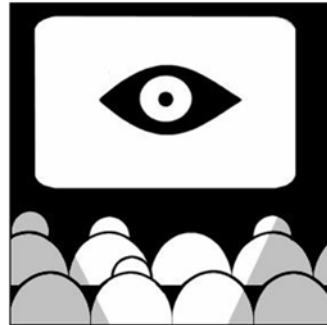
Buy takeaway



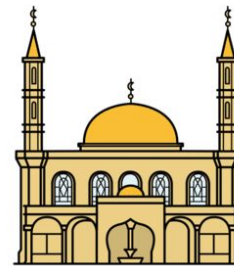
Go to a party or a wedding



Go to the cinema



Go to the mosque



Visit friends and family



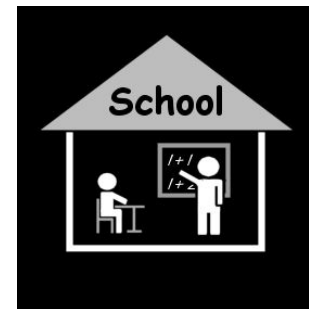
Go to the synagogue



Go to a park



Go to school



Go to work





THINGS WE CAN DO DURING LEVEL ____





THINGS WE CANNOT DO DURING LEVEL ____

