

Autism
Friendly

COVID-19 CHRISTMAS RESTRICTIONS



Merry & Safe



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COVID-19 Christmas Restrictions

The Irish Government has announced that Ireland some changes in restrictions for Christmas time.



Some things may be different this Christmas - this is because the government wants everyone to have a safe Christmas.

We are still being encouraged to stay at home.





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The new restrictions mean that gyms, cinemas, libraries and galleries will reopen from the 1st of December. Most retail stores will also reopen.



Restaurants and pubs will be allowed reopen on the 4th of December, but will close on Christmas Eve



We can travel to other counties from the 18th of December until the 27th December. This is so people can visit their family for Christmas. If I am staying with family until after this time - don't worry. I will still be allowed to travel home.

We are allowed meet up with two other households this Christmas. On the 27th of December this will change to one other household.

From the 1st January, we should not visit anyone else's house. This is to keep us all safe.



I should not to hug or shake hands with people outside of our close family. This might be frustrating, but these rules are in place to keep me and those around me safe and healthy.



My parent/carer will be there to follow the rules and keep our house safe over Christmas.

With the new rules at Christmas, some of my family's plans might change. We might not go to visit family as usual, or we might not do some of the things we usually do at Christmas.



I might find this change difficult, or I might feel sad that I can't see some of my family. It is ok to feel like this.

The rules are there to keep me safe and keep my family and friends safe.



I can still talk to my family or friends on video calls on Christmas day and I will see them very soon.

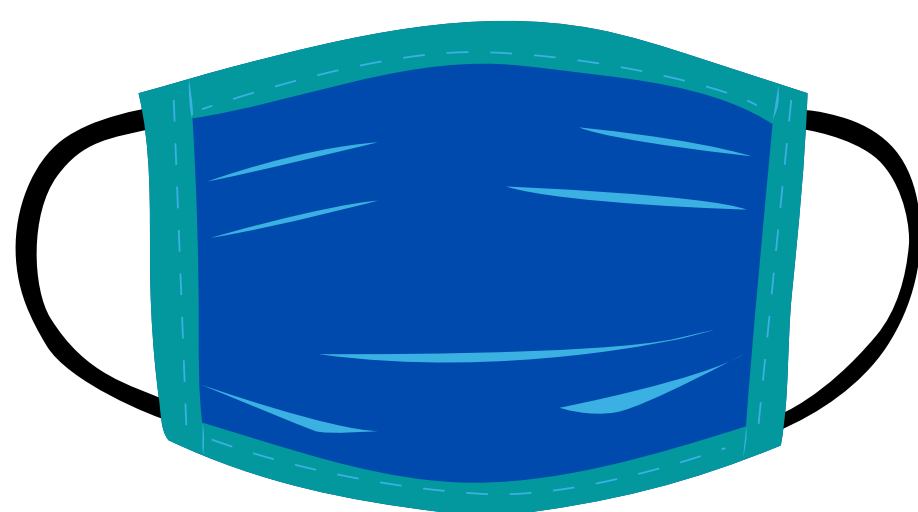
If I go shopping, I must do my best to practice 'social distancing'. This means staying two metres apart from people I do not live with.



As before, I will still be able to go out for exercise to keep me healthy.



When I go outside, I may see people wearing a mask on their face. People will be wearing masks on busy streets. Masks are used to protect me and others from the coronavirus. If I wear one, I should still do other important things to help stop the spread of the virus.



When I am outside or in my home, I must remember to continue practising good hygiene. This includes washing my hands and covering my mouth when I sneeze and cough. This protects myself and others.



I may see more Gardai driving in their cars or walking on the streets.



They may ask people where they are going, or where they live. I don't need to worry about this and I am not in trouble. It is the Gardai's job to keep people safe. They are just making sure people follow the new guidelines.



The Irish government says we have all done a great job at keeping each other safe. These rules are temporary, and are in place to make sure we keep everyone healthy while having a happy Christmas!

