

Let's Talk About DESENSITISATION



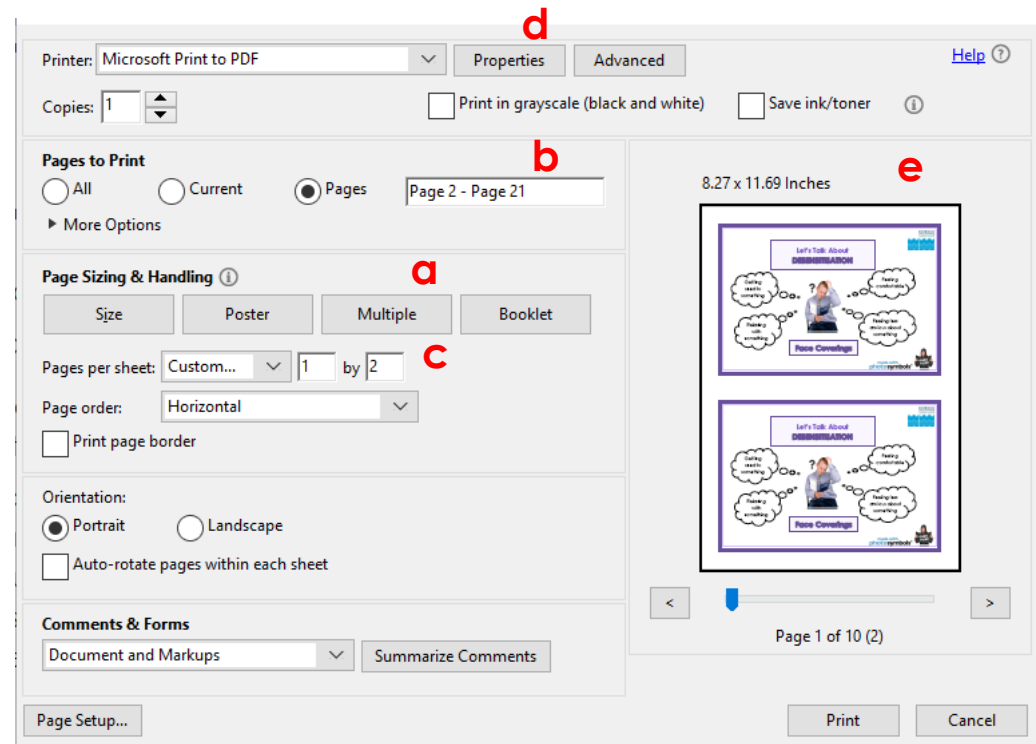
Printing Instructions

The Desensitisation flashcards are designed to be printed two sided, with 2 pages per sheet.

Once printed, the flashcards can be trimmed and used individually. They will have a front and a back.

- Click 'Multiple' to allow you to print more than one page per sheet of paper.
- On 'Pages to print', select 'Pages' and begin your printing on Page 2. This will prevent the 'Printing Instructions' page from printing, and will ensure that the flashcards have the correct front and back.
- On 'Pages per sheet', type in '1 by 2'.
- Make sure that you have selected 'Print on both sides of the paper'.

We recommend trimming and laminating the flashcards.



Let's Talk About **DESENSITISATION**

Getting
used to
something

Relaxing
with
something



Feeling
comfortable

Feeling less
anxious about
something

Face Coverings

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Face Coverings

Face Coverings



Face coverings are worn to protect people from catching coronavirus (Covid-19).

The virus is spread by droplets from coughs, sneezes and speaking.



If people wear a face covering it stops these droplets being breathed in by other people. This helps to stop the spread of coronavirus.



You can use a scarf, bandana, religious garment, handmade cloth covering or disposable mask.

Face coverings must fit round the side of the face to stop your breath escaping.

Face Coverings



Some people find it very difficult to wear a face covering but there are sometimes ways to help make this more comfortable.

It may be helpful to -

- Look at pictures of people wearing face coverings and talk about the different types available. You could buy one with a pattern or picture you like
- Touch the face coverings and get used to the feel of them before putting them on your face
- Try the face covering on for a little while at first and gradually build up to keeping it on for longer each time
- Try wearing your face covering outdoors for a little while at first. Then go a little further each time until you can keep the face covering on for a longer trip out.

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Hand washing

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Hand washing

Hand Washing



Coronavirus is spread by droplets from coughs, sneezes and speaking.



These droplets can fall onto door handles and other hard surfaces. You could catch coronavirus if you touch a surface and then touch your face without washing your hands first.

You should wash your hands with soap and water for at least 20 seconds to make sure any droplets are washed away.



It is very important to wash your hands more often than usual.

Hand Washing



It might be helpful to make handwashing a routine that you can remember by singing a song for 20 seconds.

It takes about 20 seconds to sing twice 'Happy Birthday to you, Happy Birthday to you, Happy Birthday dear everyone, Happy Birthday to you'. You could sing this through in your head instead of out loud.



It can also be helpful to remind yourself to wash your hands before eating and when coming indoors when you have been out.

You might say - 'I touch, I wash' when you have touched a door handle.



Washing your hands more often needs to become a routine and something you get used to doing more than usual.

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Social Distancing

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Social Distancing

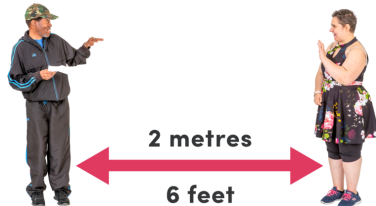
Social Distancing



Coronavirus is spread through droplets when someone coughs, sneezes or talks.

To reduce the chance of you catching the virus you should stay at least 2 metres (or 6 feet) away from people you do not live with or are not in your support bubble.

This is called 'Social Distancing'.

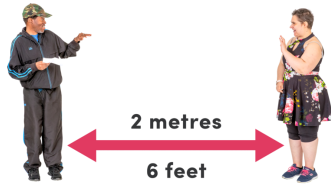


If you need personal care which means someone has to be closer to you than 2 metres (or 6 feet) they should wear a face covering (or mask), an apron and gloves. These are to keep them and you safe.



It is good to see staff first and watch them put on their face covering so you know exactly who it is.

Social Distancing



As we slowly move out of lockdown there will be different rules about who we can see indoors and outdoors.

You should always stay a safe distance from everyone unless they live with you or are in your support bubble.



You could ask a supporter to measure out 2 metres (or 6 feet) so you can see how far you should be from other people.

It is quite a long way!



If you are in a shop or other place where it is difficult to stay 2 metres (or 6 feet) away from others you should wear a face covering and spend as little time there as possible.

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Coronavirus testing



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Coronavirus testing

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A coronavirus test, which is sometimes called a swab test, is used to find out if you have caught the virus.



Sometimes you could have the virus but not feel unwell.

You could still spread it to other people so it is important to find out if you have the virus.

Tests can be done at a testing centre which you have to go to or they can be done at home if you live in a care home.



You will get the result in a few days by either a phone call or a text.

Coronavirus testing



A swab, which is like a big cotton bud, is put into your mouth and moved around the back of your throat.

It might be possible to practice this. You could put the swab into your throat yourself.

It needs to go right at the back of your throat so you could gradually put it in further each time until you get used to the feel of it.



The same swab is then put into your nose and moved around at the back of your nose.



You could also practice this so that you can gradually move the swab further into your nose.

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Vaccinations

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Vaccinations



Vaccinations



A vaccine is an injection which helps your body get ready to fight the coronavirus.

3 vaccines have now been approved by experts for use in the UK.

Over 20 million people in the UK have already had this vaccination.



If you have a learning disability and want the vaccine, talk to your GP to make sure you are on the Learning Disability Register.



If you have had a flu vaccination it will mean you have less chance of catching flu but you could still catch coronavirus.

You will need to have the Covid-19 vaccination as well to help reduce the chance of you becoming very ill if you catch coronavirus.

Vaccinations



The Covid-19 vaccination is given in the top of your arm by an injection.



If you are worried about having the injection you could take something with you to the appointment.

Headphones to listen to music or a computer game could take your mind off what is happening.



Lots of people look away while the injection is being given and think about something else, like your favourite things.

You are able to take someone with you if necessary.

A supporter could talk to you and reassure you while you are waiting and then having the vaccination.

