



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Coronavirus series



The new normal

Easy Read guide for people who are going outside

A Down's Syndrome Association publication

Changes



STAY ALERT CONTROL THE VIRUS SAVE LIVES

The coronavirus lockdown is relaxing.

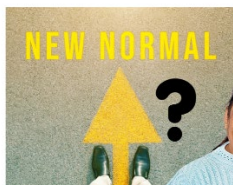


We can spend more time outside.

BACK TO WORK

Some people are going back to work.

Some activities will start again.



But there are some changes outside.

People are calling the '**new normal**'.

Time



Sometimes it feels like this will go on forever.

We can forget what day it is.

Monday?



Wednesday?



Thursday?



Saturday?



Some days we feel good and time goes quickly.



Some days we feel low and time goes really slowly.



Quiet

It is much quieter outside now.



People stand far apart.



Beauty



If you listen...



You can hear the bird song.



The crunch of your feet on the ground.



You can stop and look at front gardens, which are full of plants.

Waiting

Things can take longer in the 'new normal'.



We must queue to go into shops.



Sometimes we must stand on markings on the floor.



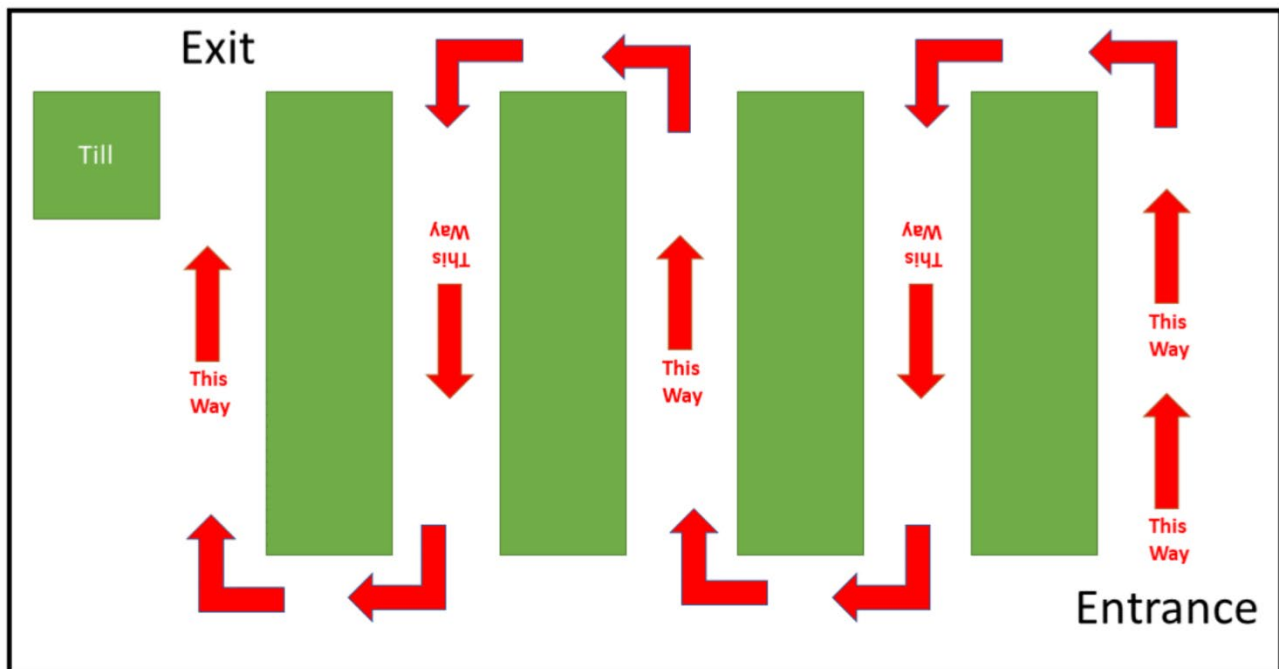
It can be confusing knowing when to move.

Moving



Some places ask that we move in one direction.

There will be arrows for you to follow.



Masks



Some people are covering their faces with masks, scarves and other things.

This can feel a bit strange.

It is people trying to keep each other safe.



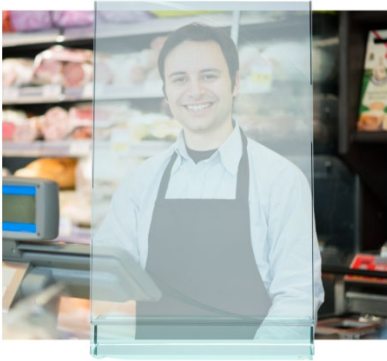
It can be confusing to understand how people are feeling when you cannot see their face.



Sometimes you may not recognise people when they talk to you.

You can ask them to take their mask off for a moment to show their face.

Shields



People will be behind screens.



Or wearing visers.



You may have to wear a mask or gloves sometimes.

Closed

Some of our favourite places are closed.

You can not do all the things you like to do.

This can be frustrating.



Are there activities you could do at home instead?

Could you have a cinema night and make some popcorn?

What about playing Boccia with your socks?

We have LOADS of ideas at
[downs-syndrome.org.uk/coronavirus-covid-19/](https://www.downs-syndrome.org.uk/coronavirus-covid-19/)

Please post pictures and videos of things you are doing to our Facebook groups.



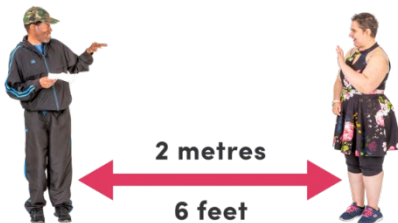
Remember



Keep washing your hands.



Take hand sanitiser out with you.



Stay 2 meters apart.



Talk to people you trust when you find things difficult.

This will end



Sometimes it feels like this will go on forever.

It will not. It will end.



Things will open again.



You will be able to see your friends like normal.



And this will become a memory.

Activity

Answer these questions and if you want to, you can share them on our Facebook groups.



You can answer by:

- Writing
- Drawing
- Taking a photo
- Making a video
- Any way you like!

What have you found hard about the '**new normal**'?

What did you do to make it better for yourself?

What have you enjoyed about the '**the new normal**'?

How we can help

The Down's Syndrome Association has a helpline.

You can call us on **0333 1212 300**.



We are happy to answer your questions.

The helpline is open Monday to Friday
from 10am until 4pm.



You can also email us at

info@downs-syndrome.org.uk

You can write to us too.

Our address is:



Langdon Down Centre

2a Langdon Park

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Middlesex

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This leaflet is made by the
Down's Syndrome Association.

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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www.langdondownmuseum.org.uk



www.langdondowncentre.org.uk

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