Dear Self-Advocates, Advocates, and other people with disabilities:

We as the Tash Self-Advocacy committee know that many of you are worried about Covid19 and we wanted to send out this letter to you to say, Stay strong, don’t panic, we can do this, working together will help us all support each other.

**Here is what you need to do:**

Stay home inside unless necessary

Wash your hands

Stay away from crowds

Stay home if you are sick

Don’t touch your face, eyes, or mouth

**Here are somethings we found so you are not bored**

We will be doing a coffee corner at TASH on Zoom so we can talk with each other. There will be more news about this soon.

We want you to know your not alone. And we are here.

**Here are some other ideas**

Facebook, Facebook live

Twitter,

FaceTime,

text,

Zoom,

email,

and whatever sort of media you use.

Go for a walk but keep a distance from people

Play board games

Read a book

Watch movies

**Go on some of these websites:**

Free online Art classes

<https://www.artsy.net/article/artsy-editorial-10-university-art-classes-free-online>

JSTOR Database Accessible to the Public

<http://www.universitytimes.ie/2020/03/jstor-makes-database-accessible-to-the-public/>

If you enjoy reading, the Kindle app is free to download.

you can go to the app store on your smartphone and/or tablet and get the Kindle app for free

then join freebooksy.com and receive an email every day telling you what books are free for that day

you will have to fill out a survey telling what kind of books you like and they list you will get every day will list what books are free based on what you checked in survey

[https://www.freebooksy.com](https://www.freebooksy.com/)

Another website is which you can go on for virtual trips

Freedomhomeschooling.com

Just remember we are here to talk to.

Thanks,

The Tash Self-Advocacy Committee