Teletherapy with
San Diego Occupational Therapy

Usually when I have OT, I go to San Diego Occupational Therapy to play.

But for now, occupational therapy will look different because of a virus called Coronavirus, or COVID-19.

If someone has Coronavirus, they will feel sick and may have a cough and a fever. But just because someone is not feeling well does not mean that they have Coronavirus.

A lot of people are staying home right now to be safe and stay healthy, but this virus usually does not make kids very sick. There are still lots of things I can do to keep myself healthy!

I can wash my hands with soap and water while I count to 20 or sing the ABCs.

If I have to cough or sneeze, I will cover my mouth to make sure I do not spread any germs.

To keep myself and other people healthy, I am staying at home. This means I will have occupational therapy at home for a little while.

Instead of waiting for my OT in the waiting room, I will wait at home until it is my time for occupational therapy.

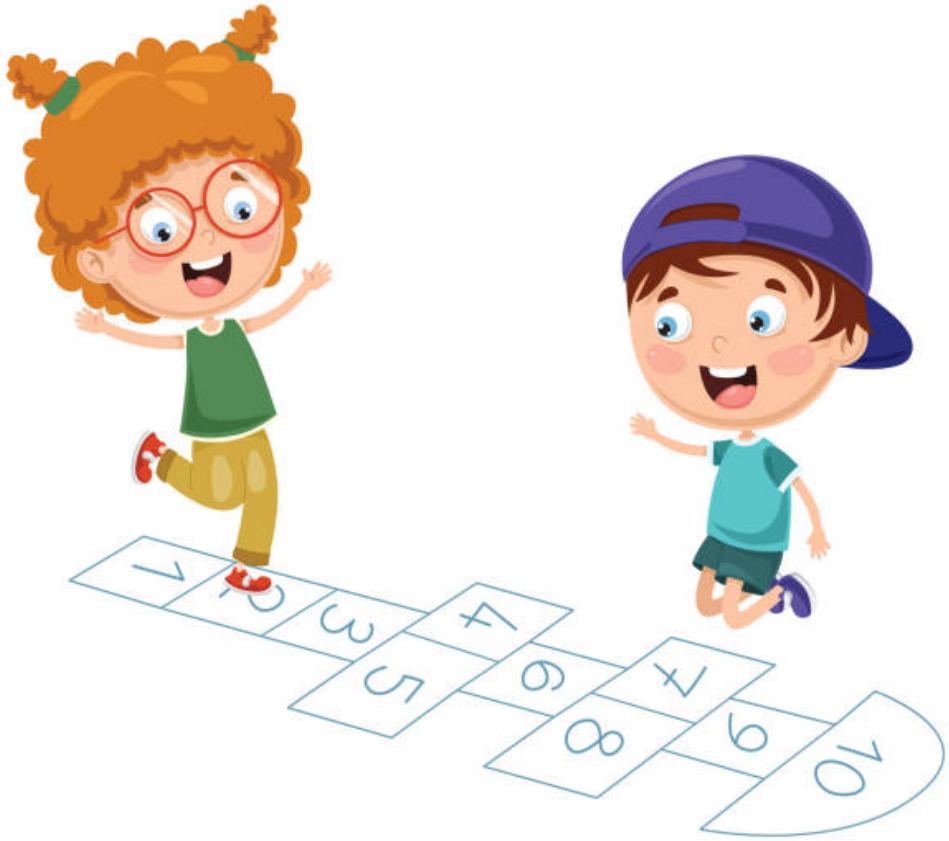
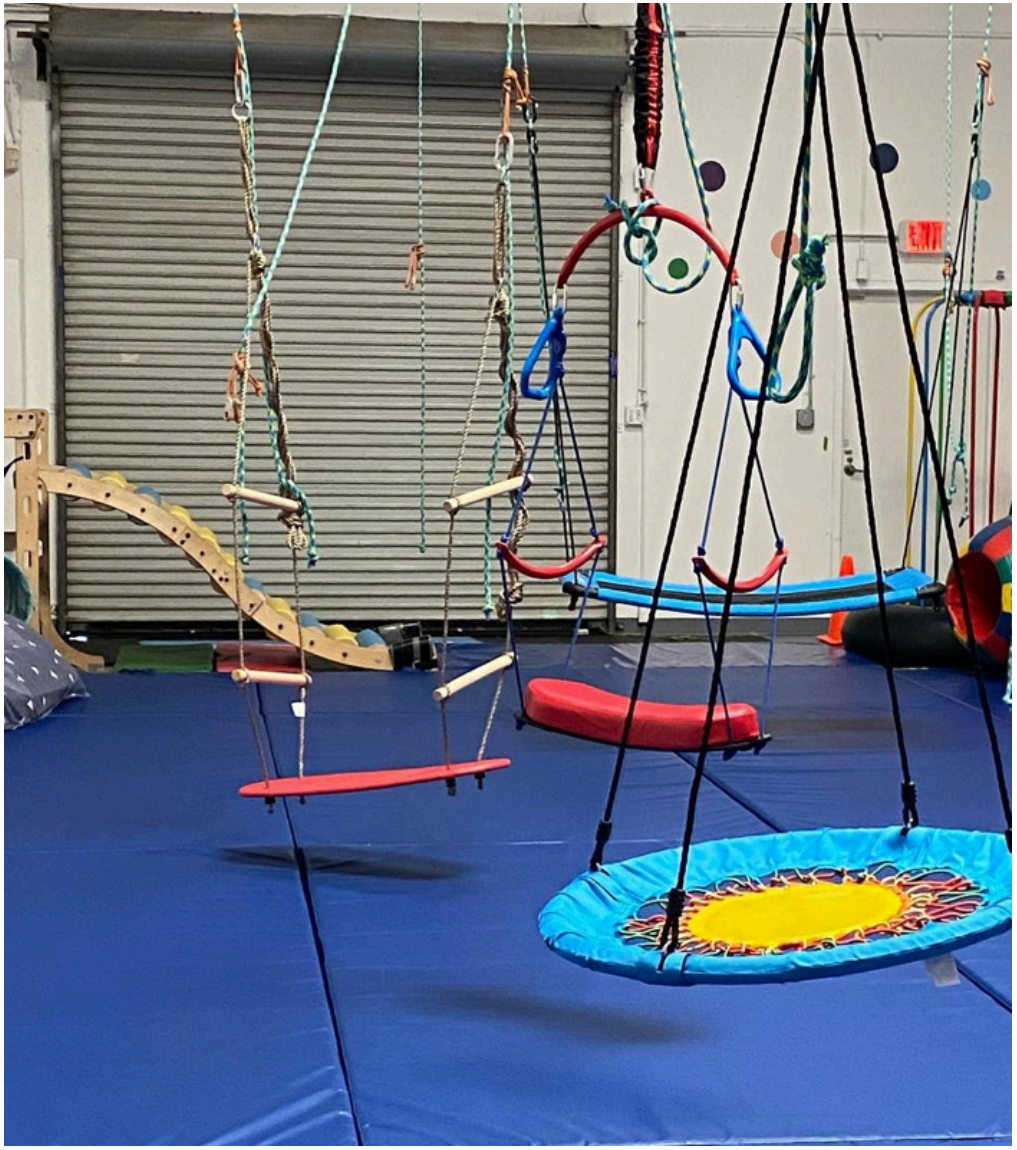
Instead of playing in the gym at SDOT, I will play and learn with my OT through my computer or tablet.

When it is time for OT, I will turn on my computer or tablet and see my OT so we can still play together! I will be able to see and hear my OT and she will be able to see and hear me too!

Sometimes, my OT will even share her computer screen with me so we can both see the same thing.

My family might need to help me during my session and that is okay.

Even though I am not at the gym, I will still get to play a lot of the fun games with my OT, only I will be at home.



When everyone starts feeling better, I will be able to go back to San Diego Occupational Therapy for my OT sessions!