



How to stay safe, connected and active during the Coronavirus Outbreak



opportunity choice and wellbeing

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Latest government guidance as of 23rd March 2020:

Stay at home to stop Coronavirus spreading

Everyone must stay at home to help stop the spread of Coronavirus

This includes people of all ages, **even if you do not have any symptoms or other health conditions.**

You can only leave your home:

- **To shop for basic essentials** - only when you really need to
- **To do one form of exercise a day** - such as a run, walk or cycle, alone or with other people you live with
- **For any medical need** - for example, to visit a pharmacy or deliver essential supplies to a vulnerable person
- **To travel to and from work** - but only where this is absolutely necessary

What is COVID-19?

COVID-19 is an infectious disease caused by a newly discovered Coronavirus (World Health Organisation, 2020). Coronavirus is an umbrella term for a group of viruses causing respiratory tract infections.

Most people will experience mild to moderate respiratory illness and recover without requiring special treatment. Those who have been classed as more vulnerable, making them at risk of developing more serious illness include: **older people** and **those with underlying medical problems** like **cardiovascular (heart) disease, diabetes, chronic respiratory disease (COPD)** and **cancer**.

Symptoms are a fever of above 37.8C and a persistent cough or breathing problems. If you live with someone who is displaying these symptoms, you must take steps to self-isolate.

What does Social Distancing & Social Isolation mean?

Social Distancing

Measures taken to reduce social interaction between people, in order to help reduce the transmission of COVID-19.

Social Isolation

- Used to separate people who are displaying symptoms from society, to help reduce the transmission of COVID-19. (symptoms include a new, persistent cough, breathing difficulties and a high temperature)
- Used to separate and restrict the movement of people who aren't ill, but have been exposed to the infection (by living or being in contact with someone displaying symptoms)



Social Distancing and Social Isolating Do's and Don'ts

	Yes, you can	No, you can't
Social Distancing For people who have not come into contact with COVID-19 & are fit & well	<ul style="list-style-type: none"> ✓ Go for a walk, run or cycle for exercise as long as you stay at least 2m (6ft) away from other people ✓ Go to the shops to buy essential items like food and toiletries (it is advised to use delivery services where possible) ✓ Go to the pharmacy to get essential medication ✓ Use telephone or online services to contact your GP or other essential service 	<ul style="list-style-type: none"> ✗ Be in physical contact with someone who is displaying symptoms ✗ Use public transport unless absolutely necessary ✗ Attend gatherings of any size in public spaces ✗ Visit friends or family who are classed as 'vulnerable' ✗ Leave your home for any non-essential reason
Social Isolation For those with symptoms or those who have come in contact with COVID-19	<ul style="list-style-type: none"> ✓ Use the telephone or online services for advice if you are experiencing Coronavirus symptoms ✓ Ask family or friends to drop things off that you may need ✓ Get fresh air by opening windows in your house or sitting in your garden (as long as you are at least 2m away from any other person) 	<ul style="list-style-type: none"> ✗ Visit friends or family ✗ Visit the doctors or pharmacist - you must get someone else to do this for you ✗ Go to the shops for food or toiletries - you can use delivery services instead or ask someone else to drop supplies at your door ✗ Leave the house



How can I try to stay well and avoid spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Work at home where possible and **avoid social venues**



Catch coughs and sneezes and throw away used tissues



If you don't have a tissue **use your sleeve**



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

If I am unwell, what should I do?



Do not go to a GP surgery, pharmacy or hospital



If you have a 'new continuous' cough or high temperature you should self-isolate for 7 days and visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) for help



Anyone living with someone who has symptoms should stay at home for 14 days, in case symptoms develop



If symptoms worsen – use online 111 coronavirus service at [111.nhs.uk](https://www.111.nhs.uk)



The service will give you advice on what to do next

Tips to Reduce Anxiety

These are unprecedented times for everyone, so it is **natural** to experience anxiety during our current situation.

Please talk to staff with any concerns you may have and they will try their best to assist you **safely**. If you don't have access to printers and internet, they can print out worksheets, colouring sheets and puzzles for you to keep occupied.

Government guidance is changing frequently, so try your best to stay informed.

Our staff will help you keep updated.

There are lots of different techniques to help you cope with anxious feelings, here is one Anxiety UK suggests:

The 'Apple' Coping Method

Acknowledge	Notice and acknowledge the uncertainty as it comes to mind.
Pause	Don't react as you normally do. Don't react at all. Pause and breathe.
Pull back	Tell yourself this is just the worry talking. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.
Let go	Let go of the thought or feeling. It will pass. You don't have to respond to them. You could try to imagine them floating away in a bubble or cloud.
Explore	Explore the present moment. Notice your breathing and the sensations of your breath. Notice the ground beneath you. Look around and notice what you see, hear, touch, smell. Then shift your attention to something else, to occupy your mind.

TOP TIP: keeping up with a **routine**, having a go at a variety of **activities**, **staying up-to-date** with the news (but not fixating on it), **connecting** with your friends and family **safely** through phone calls & video chats, **eating healthy** and **drinking lots of water** **will ALL greatly help reduce anxiety.**

Covid-19: Too Much Information?

Wanting to keep up-to-date with the latest Covid-19 news is understandable, but for many people it can actually make mental health and anxiety worse.

The **World Health Organisation (WHO)** have published a document on mental health and dealing with stress during the outbreak. They suggest you should:

- Avoid watching, reading or listening to the news too regularly, this could cause you to feel anxious or distressed
 - Seek information mainly to take practical steps to prepare your plans to protect yourself and loved ones
 - Seek information updates at specific times during the day, for example, only watch the 6pm news
 - Stick to trusted sources of information such as government (gov.uk) and NHS websites (nhs.uk)
 - Find opportunities to focus on positive stories of recovery, supporting loved ones and being part of a community spirit
-

Stay Connected with People

Positive social support can improve our capacity to cope with stress. But as people are urged to practice social distancing and others are required to self-isolate, how can we ensure we maintain our social connections and support?

Here are a few tips:

- Make the most of modern technology - use email, text, voice and video calling to communicate with those you would normally see face to face
- Arrange regular 'check-in' times with friends and family
- Think about others who may be struggling, share positive news, talk about happy memories. This can help take your mind off the pandemic and reduce loneliness during periods of isolation.

Self-Isolation: Tips and Tricks

After the latest Government announcement, people are being urged to **stay at home** and **avoid all non-essential travel**. We must practice social distancing should we need to go out for essential things such as food shopping or exercise.

If you are self-isolating because either yourself or someone you live with is experiencing symptoms of Coronavirus **you must not leave your house at all**.

Here's some ideas on how to make staying at home/self-isolating easier:

- Access nature and sunlight - go out into your garden if you have one
- Keep curtains and windows open for fresh air and natural day light
- Eat healthily - many greengrocers are offering a delivery service which you could use (you would also be supporting a local business!)
- Move your body and do some exercise - see if you can find a video to follow online and choose something which you will enjoy. Consider putting on your favourite music and dance!
- Don't skip self-care: try to keep up with regular routines that bring comfort and stability.
- Add variety to your day: we have included some activity ideas on the following pages, have a go at as many you like!

Activities to Maintain Wellbeing

We have to try our best to remain physically and mentally active - this is especially important if you are social distancing or self isolating. Things like listening to music, doing puzzles, calling friends or family, tidying your house or bedroom or creating art work can really help take your mind off any worries. Doing activities like this can also give you a sense of satisfaction that you have achieved something in the day!





Read

Books, Magazines
or Newspapers

Games

Cards, Board Games
or Dominoes



Learn

Watch a documentary,
begin to learn a language
or learn how to knit



Puzzles

Jigsaws, Crosswords,
Sudokus, Wordsearches

Something for the mind

Mindfulness & Meditation



Listen to Music



Can you think of any more '**Something for the mind?**' tasks?

Write down what you have tried here...

Sunbathing

If it is sunny, don't forget sunglasses, hats and suncream!



Picnic

Have your breakfast, lunch or dinner outside, or simply enjoy a nice cup of tea in the garden.



Gardening

Weeding,
Planting Seeds,
Watering Flowers



Exercise

Once a day you can walk, run or cycle if you feel well enough. Make sure you are keeping a safe distance away from any one else.



Chat to Neighbours

Making sure you keep at least 2m away from each other!

Can you think of any more '**Spend time outside?**' tasks?

Write down what you have tried here...



Art & Crafts

Paint, Draw, Knit,
Make a card for a friend

Dance

Put on your favourite
music and dance!



Bake & Cook

Try a new recipe and be
creative using store cupboard
ingredients!



Relax

Prioritise self care. Have a
bath, watch your favourite
movie or do some yoga



Write

Poems, Stories or Keep a Dairy

Can you think of any more 'Be Creative?' tasks?

Write down what you have tried here...

Planting

Sow seeds which you
and watch grow in
the summer months



Set Goals

Make a 'to do list' of things
you would like to achieve

DIY

Are there any jobs around the
house that need to be done, you
could paint or fix something!



Be Productive



Housework

Keep your house and room
clean, it will help prevent
spreading germs!



Organise

Have a sort out of your
belongings, tidy them away
and see if there is anything you
don't need anymore which you
could donate to charity

Can you think of any more 'Be Productive?' tasks?

Write down what you have tried here...

Resources

Please ask staff to print any of these pages out for you. Activities like crosswords, Sudoku's, word searches and colouring sheets can be printed too!

Otherwise, you can access many resources online:

News:

www.creativesupport.co.uk/coronavirus-covid-19/

www.nhs.uk/

www.gov.uk/coronavirus

Wellbeing:

www.mind.org.uk

www.time-to-change.org.uk

www.mentalhealth.org.uk

www.samaritans.org/

Entertainment:

www.youtube.com

www.jigsawexplorer.com

www.puzzler.com

www.websudoku.com



App's for you phone:

Calm / Headspace / Daily Yoga

Runtastic / Couch to 5K Runner / Daily Workout Fitness Trainer

Brain It On / Monument Valley / Two Dots / Skillz

Words With Friends





Tel: 0161 236 0829

Creative Support Ltd,
131 Wellington Road South,
Stockport
SK1 3TS



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