

FOR UP-TO-DATE
INFORMATION

GOV.CO.UK



[HTTPS://WWW.GOV.UK/
GOVERNMENT/TOPICAL-
EVENTS/CORONAVIRUS-
COVID-19-UK-
GOVERNMENT-RESPONSE](https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response)

NHS ADVICE



[HTTPS://WWW.NHS.UK/
CONDITIONS/
CORONAVIRUS-COVID-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)

MIND.ORG.UK



Useful Links:

www.stepiau.org

verywellmind.com

mind.org.uk

Apps:

Headspace
Calm
Chill Panda

Repeat
Prescriptions:

Telephone your GP
surgery for their
latest policy.

Staying Well
During
Covid-19
Outbreak



STAYING WELL

We understand that this is potentially a very concerning time for people and have set out a few useful tips to help during this time.

This booklet is designed to provide you with information on self care, and provide details where additional support can be obtained.



SELF CARE

- Managing mental and emotional health is as important as your physical health
- Seek information updates at specific times– and limit this to once or twice a day
- Don't try to learn new strategies– this situation is unprecedented and its best to use strategies you are already familiar with.
- Avoid unhelpful coping strategies such as tobacco, alcohol or recreational drugs.
- If working from home, create a daily routine/timetable– and stick to it!
- Try to stay in contact with friends and/or family members, especially if you are unable to visit them.
- Seek advice or help if you are struggling.

Reference: ics.ac.uk; mind.org.uk; anxietyuk.org.uk

PHYSICAL HEALTH

- Wash your hands with soap and water often – do this for at least 20 seconds.
- Try to avoid touching your eyes, nose or mouth without washing your hands.
- Eat a balanced diet, with lots of fruit and vegetables.
- Try to maintain a distance of 6ft from someone who is coughing/ sneezing
- Cough into your elbow or a tissue (and bin the tissue immediately)
- If you become unwell:
 - Do not go to your GP surgery
 - Use NHS 111 online checker
 - Only call 111 if needed



Reference: who.int; nhs.org.uk; walesonline.co.uk