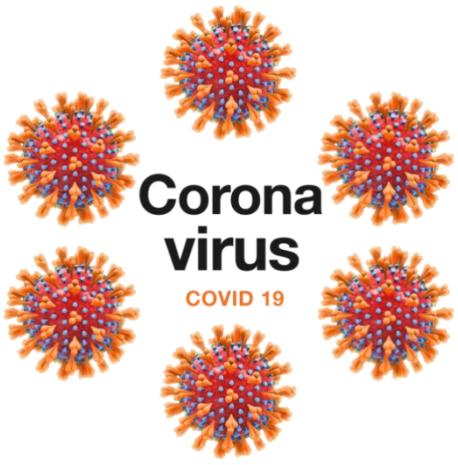
Public Health England

Protecting and improving the nation's health

Coronavirus (COVID-19)

Looking after your feelings and your body

March 2020

	COVID-19 is a new illness. Lots of people call it coronavirus. It can affect your lungs and your breathing.
	To stop coronavirus spreading we all have to change how we spend our time and how we do things.

	Change can affect our feelings. It can sometimes make us worried and anxious.
	To stay well we must look after our feelings as well as our bodies. This guidance is about things we can do to stay well.
  LDE Learning Disability England	**Keep in touch with people** Talk to friends and family on the phone or online. Lots of self-advocacy groups are meeting online or by phone. You can ask your families or carers to help you find out how to join in. Learning Disability England have lots of information here

© Crown copyright 2020
PHE publishing gateway number: GW-1212

Help other people

Helping other people can make you and them feel better.

Just calling someone for a chat can be a big help.

Look after your body

Do:

Eat healthy food

Drink enough water

Exercise at home

Do not:

Smoke

Drink too much alcohol

© Crown copyright 2020
PHE publishing gateway number: GW-1212

Look after your feelings

If you feel anxious try to think about good things that make you happy.

Talk about your worries to someone you trust.

Find advice online at Every Mind Matters.

If you are autistic and want more help, you can call the Autism Helpline on **0808 800 4104**.

If you are very worried and want to talk to someone in private, you can call Samaritans for free on **116 123**.

© Crown copyright 2020
PHE publishing gateway number: GW-1212

<table>
<tr>
<td>

 </td>
<td>Think about your new routine

Do:

Make a plan of the things you want to do in the day.

Make sure you get enough sleep

Don’t:

Look at your mobile or tablet or play video games just before you go to bed

Drink too much coffee and tea</td>
</tr>
<tr>
<td>

 </td>
<td>Do things you enjoy

Think about things you enjoy that you can do at home.

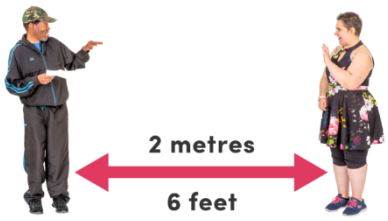
This could be reading, writing, playing games, doing crossword puzzles, jigsaws or drawing and painting.</td>
</tr>
</table>

© Crown copyright 2020
PHE publishing gateway number: GW-1212

Find time to relax

Yoga and breathing exercises can help.

You can find games and puzzles you can use to relax, as well as breathing exercises that may help, at Mind.



Enjoy nature

If you can, go outside to exercise once a day but remember to stay at least 3 steps away from other people.

If you have a garden, spend time in it.

If you don't have a garden, try growing a plant on your windowsill.

© Crown copyright 2020
PHE publishing gateway number: GW-1212

Don’t be worried by the news

Only look at the news once or twice a day.

Get the facts. Not all news you hear about coronavirus is true.

You can find information you can trust from Public Health England and the NHS.

Practical issues

Getting food and medicine

Think about how you can get the things you need.

Only go to the shops when you need to.

If you can, get food delivered.

Try to buy healthy food.

If you have support from other people, ask them to help you.

© Crown copyright 2020
PHE publishing gateway number: GW-1212

If you look after others

If you have children, it is important to have a plan about what you might do if you are unwell.

It's important that your children have a routine and fun things to do too.

Remember to ask for help if you need it.

Talk to your family or usual supporters or a social worker if you have one.

Look after your body

If you usually take medication, keep taking it.

Get advice from NHS 111 online in England if you're worried about being able to get your medication. Call 111 if you need to.

If you think you have coronavirus you should **not** go to a GP surgery, pharmacy or hospital as you could pass it on to others. Get advice from NHS 111 online or call 111.

© Crown copyright 2020
PHE publishing gateway number: GW-1212

	In an emergency call 999. This is when someone is seriously ill or injured and their life is at risk. A mental health emergency should be taken as seriously as a physical health emergency.
	There is also other information available about coronavirus and how to manage your feelings from Mencap.

Pictures from Photosymbols: www.photosymbols.com

© Crown copyright 2020
PHE publishing gateway number: GW-1212