

Health & Wellbeing



During the recent outbreak of Corona Virus, it is really important to look after your health and wellbeing.

Reduce your risk of infection

- Clean your hands regularly with soap and water for 20 seconds. Make sure you wash your hands after using the bathroom, and before preparing or eating food.



- Cover your nose and mouth when coughing and sneezing with tissues of a flexed elbow.
- Stop touching your face

Try to avoid speculation and only use reputable sources on the outbreak

Good Sources of information are:

- Public Health England
- Public Health Wales
- Health Protection Scotland
- NHS
- Gov.uk
- World Health Organisation



Stick to a daily routine

- Keep active
- Eat a balanced diet
- Have a to do list
- Take a lunch break
- Have a regular start and end time to your day



Try to stay connected

- Keep in touch with friends and family
- Set up private group chats on WhatsApp
- Increase communication with friends also in isolation



Try to anticipate distress

- Acknowledge how you are feeling
- Talk to someone if you are feeling anxious
- Reassure people you know who may be worried
- Check in with people you know who are living alone



Try to manage how you follow the outbreak in the media

- Limit your consumption of social media
- If the news starts to cause you stress and anxiety take a break from watching it
- Don't avoid all news as it is important to keep informed and educated about the outbreak.

Try to stay Fit and Healthy

Our physical health really affects how we feel.

- Try to make sure you and your family eat healthy, well-balanced meals, drink enough water and exercise regularly
- Get outside for a walk or a run if you can or try an online home-workout videos <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>



If you are in self-isolation or quarantine

- Acknowledge that it is a different rhythm of life
- Keep in touch with other people regularly on social media, phone and video calls
- Create a new daily routine, such as reading more or learning something new
- Catch up on rest

