

## Staying at home during Coronavirus

31 March 2020



The Government has told us to stay at home because of Coronavirus.

Coronavirus is also called COVID-19.



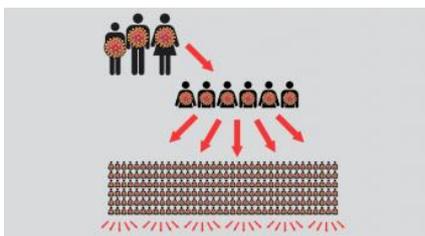
Coronavirus is making a lot of people sick.

It is very important to keep yourself and others safe.



Coronavirus can spread easily between people

- when someone coughs or sneezes
- by touching something with the virus on it



Some people get very sick and can die if they get Coronavirus.

Some people do not get sick but can give Coronavirus to other people.

It is **everyone's** job to stop the virus.

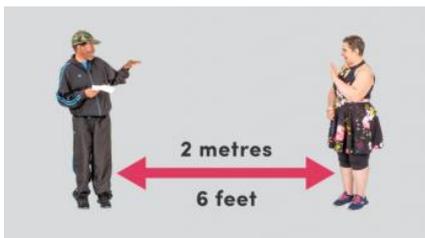


## Going out

The Government says the only time we should go out is

- to **shop** for food, groceries and medicines
- for **exercise** near your home
- for **medical appointments**
- to **go to work** if you cannot do this at home
- to **go to school** if you cannot do this at home

If you do not need to do any of these things then stay home.



If you need to go out you can only go with 1 other person.

Make sure you always stand 2 big steps away from other people.

If you need to go out go back home straight after.



Talk to your service provider about how they will support you during this time.

Talk to family, friends or support workers about the best ways to get your food and medicines.



### **Being healthy at home**

There are lots of ways to stay healthy while you are at home.



### **Be active**

- Dance
- Stretch
- Do exercise
- Walk around your garden



### **Stay connected**

It is important to keep in touch with family and friends.

Use your mobile phone or computer to stay in touch.



### **Do things you enjoy**

Do something you love or try something new.

- A hobby like drawing or gardening
- Cooking your favourite food
- Playing games with your family or housemates



### **Think about good things**

Take time to think about things that make you happy.

If you feel sad or scared let someone know.



### **Sleep well**

Good sleep helps your body and mind.

Some things you can do to help you sleep are

- Take a shower or bath before bed
- Listen to calm music
- Try not to use your mobile phone late at night



### **If you feel sick**

If you are sick with a cough, fever or sore throat

- Call your doctor and they will tell you what to do
- Do not leave your home
- Try to stay away from the people you live with