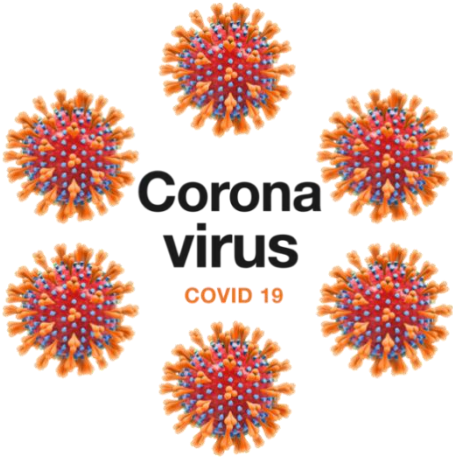





Coronavirus (COVID-19)

Looking after your feelings and your body

March 2020

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

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

	<p>Help other people</p> <p>Helping other people can make you and them feel better.</p> <p>Just calling someone for a chat can be a big help.</p>
         	<p>Look after your body</p> <p>Do:</p> <p>Eat healthy food</p> <p>Drink enough water</p> <p>Exercise at home</p> <p>Do not:</p> <p>Smoke</p> <p>Drink too much alcohol</p>



Look after your feelings

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


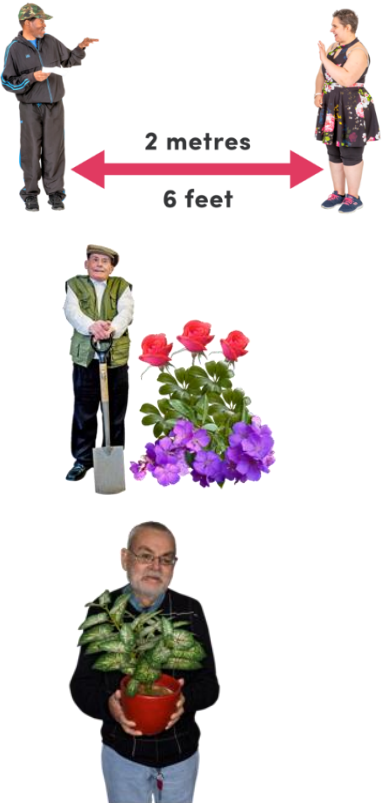
Talk about your worries to someone you trust.


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**.

   	<p>Think about your new routine</p> <p>Do:</p> <p>Make a plan of the things you want to do in the day.</p> <p>Make sure you get enough sleep</p> <p>Don't:</p> <p>Look at your mobile or tablet or play video games just before you go to bed</p> <p>Drink too much coffee and tea</p>
	<p>Do things you enjoy</p> <p>Think about things you enjoy that you can do at home.</p> <p>This could be reading, writing, playing games, doing crossword puzzles, jigsaws or drawing and painting.</p>

 A person in a green shirt and brown pants is performing a handstand. Below them is a smiling man in a blue shirt with several black musical notes floating around him.	<h3>Find time to relax</h3> <p>Yoga and breathing exercises can help.</p> <p>Mind has games and puzzles you can use to relax as well as breathing exercises that may help. You can find them here</p>
 A diagram showing two people standing 2 metres (6 feet) apart, indicated by a red double-headed arrow. Below this are three images: a man in a green vest holding a shovel next to a bush of red and purple flowers, and a man in a black jacket holding a potted plant.	<h3>Enjoy Nature</h3> <p>If you can, go outside to exercise once a day but remember to stay at least 3 steps away from other people.</p> <p>If you have a garden, spend time in it.</p> <p>If you don't have a garden, try growing a plant on your windowsill.</p>

	<h3>Don't be worried by the news</h3> <p>Only look at the news once or twice a day.</p> <p>Get the facts. Not all news you hear about coronavirus is true.</p> <p>You can find information you can trust from Public Health England and the NHS.</p>
  	<h3>Practical issues</h3> <h4>Getting food and medicine</h4> <p>Think about how you can get the things you need.</p> <p>Only go to the shops when you need to.</p> <p>If you can, get food delivered.</p> <p>Try to buy healthy food.</p> <p>If you have support from other people, ask them to help you.</p>

  	<h3>If you look after others</h3> <p>If you have children, it is important to have a plan about what you might do if you are unwell.</p> <p>It's important that your children have a routine and fun things to do too.</p> <p>Remember to ask for help if you need it.</p> <p>Talk to your family or usual supporters or a social worker if you have one.</p>
	<h3>Look after your body</h3> <p>If you usually take medication, keep taking it.</p> <p>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.</p> <p>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.</p>

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

Pictures from Photosymbols: www.photosymbols.com