

# My plan

to be safe  
and stay in



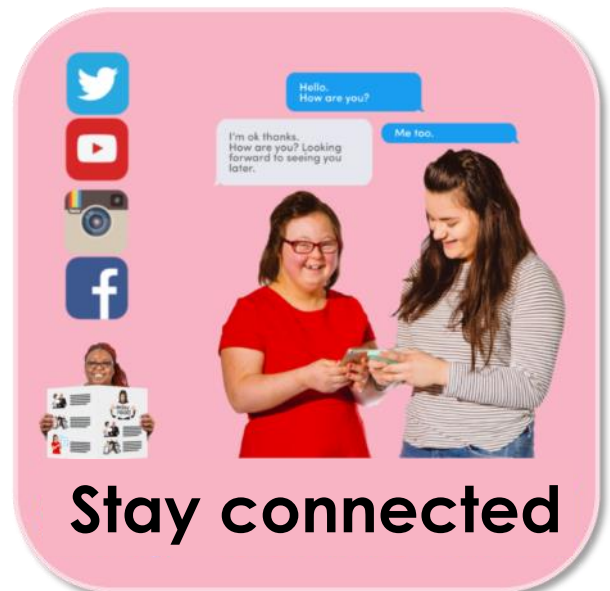
Stay well



Keep moving



Keep happy



Stay connected

# Coronavirus

## How a plan can help



**Coronavirus** is a new illness.

It is also called **Covid 19**.

Doctors and scientists are still learning how it affects people and ways to help them to get better.

The news says **coronavirus** is a **pandemic**.

It is called this because people are getting ill all over the world. Some people die.

This is a health **emergency**.

It is important you know what you can do to keep yourself and others safe and well.

To **be safe** we must now **stay at home**.

It may feel scary or upsetting because the changes are fast, hard to understand and because people are getting ill.

This booklet can help you to think ahead.

Having a plan is good and sometimes it can help you to stop worrying too much.

Talk through this booklet with someone.

You could phone a friend and both fill in your booklets at the same time.





# Coronavirus

## What is it ?

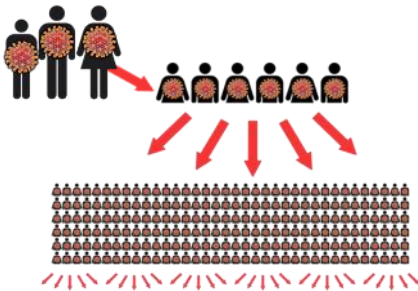
**Coronavirus** is like flu.

It can make some people so unwell they need to go to hospital for treatment.



You **can get coronavirus** in different ways

- from other people if they have got it
- you touch a surface with the virus on it



You **can give coronavirus** to other people in these same ways

What to look out for - these are the main **symptoms**.



If you have any of these **symptoms** stay home, call someone you trust or call one of **the numbers at the end of this booklet**.



**Fever** you have a high temperature and may feel hot



A new **cough** that will not stop



**Trouble** with your **breathing**



# Coronavirus

**take care and stay safe from the virus**



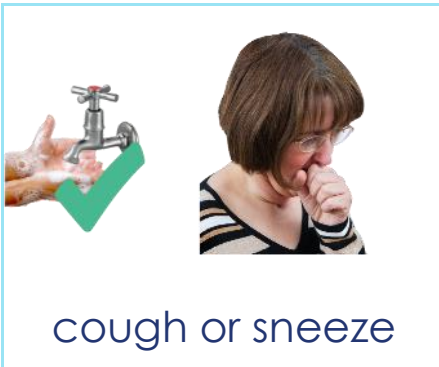
The most important thing is to wash your hands **often** with **soap** and **hot water**. This is to get rid of any virus on your hands.



Rub the soap in well and wash your hands for 20 seconds each time.

This is the same time as it takes to sing Happy Birthday 2 times.

## Wash your hands every time you...



cough or sneeze



are going to eat



get home or in from the garden



If you cough or sneeze use a tissue, fold it over and put it in the bin straight away.

It is because the virus spreads this way and you must not give the virus to others.



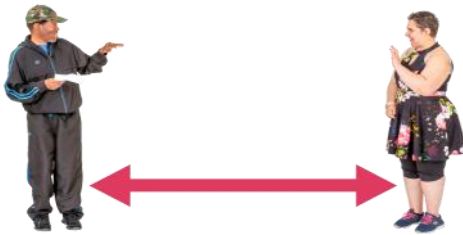
Try not to touch your face with your hands. The virus gets in to your body through your eyes, nose and mouth.



People are using lots of new and hard words at the moment.

We will try to explain some of them.

We are told to **keep away** from people. This is also called **social distancing**.



The government has asked everyone to help stop the virus moving from one person to another.

It is not to be unfriendly it is to try to keep everyone safe and well.



**Social distancing** means keeping at least 2 metres away from other people.

2 metres is a bit longer than how long your bed is.

The government has also asked people to **stay at home**. This means not going out unless you have to and keeping away from people as much as you can.



Pubs, cafes, shops and some services are closed to help us all to **keep away** from other people.

People can go out to exercise and go for a walk somewhere like a park only if they **keep away** from other people.



Stay at home

# Stay at home

Now we can only go out to go shopping for food or medicine, for exercise, to help others in need or in an emergency.

You can only go out with one person if you live with them or your family.



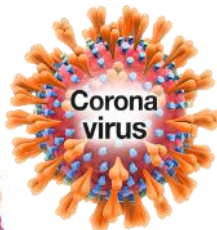
7 days  
**7**

People who have **coronavirus** have to be on their own and **self isolate** to help them not to give the virus to other people.

People with **coronavirus** must **stay at home** and **self isolate** for at least 7 days.

14 days  
**14**


People who have been near someone or live with someone who has **coronavirus** must **stay at home** for 14 days.



**Coronavirus** is more dangerous for older people and anyone with health issues (like diabetes, heart problems or asthma).

The government asks all people with health issues to **stay at home for 12 weeks**

## When you self isolate.....




Ask someone to shop for you or order your shopping in



No visitors

Tell people you are **self isolating** so they do not visit



Keep your towels and bathroom clean



Wash your hands a lot with soap



# Coronavirus

## What if you get ill ?



I feel ill

**Tell someone** you are not well.

You can **ask them to help you** work out if you need to call anyone.



If you have any of the **coronavirus symptoms** you must not go out at all.

You must **stay at home** and **self - isolate**.



Stay at home

If you need to talk about your **health call 111**.

Do not go to your GP, to the chemist or to the hospital.



**If you feel worse** after a few days **call 111**.

**Other numbers you can call to get the help you need are at the end of this booklet.**



If you have **problems breathing** or you **feel very ill**, like you could fall down **call 999** straight away.



Staying at home

# Staying at home

## Make a plan to stay well



### Make sure you have food.

Ask a supporter to go shopping or try to order food online.



There are lots of people helping others to stay at home. You can **call Herts Help on 0300 123 4044 if you need help to shop.**



### Other numbers you can call to get help you need are at the end of this booklet



Ask supporters to help you cook lots of food for your freezer if you can.



Try to have healthy foods to fill you up and to help your body fight the virus.

**Check your medication.** Order some more if you need to.





**Keep your home very clean.** Places you use and touch a lot such as the toilet, taps, table tops and door handles.



**Keep paying your bills** if you can or ask for help to talk to the companies now.

Ask someone to top up your pre-pay meter at a shop or online.



**Check your phone credit** and top-up if you need to.



Have your **important phone numbers** where you will be able to find them.



**Make plans** to catch up with friends on the phone or video chat.

Plan things to do at home.

Call a friend and get ideas of how you can keep busy to try and have fun.



**Look out for each other and be kind.**



# Coronavirus

Stay in  
Stay well

You might be worrying about these things

**Running out of medication**



**Missing health appointments**



**Supporters not coming to you**



Things **you** or your supporter can do

**Check with your chemist about how to get your medication**



**Ring someone you trust and ask for help to find out about appointments**



**Call family or friends for a chat**





# How I can help myself



Write or draw what **you can do**

## Think about support



Work out who you can ask for help

## Get important numbers



Save numbers like your friends, pharmacy and supporters.

## Plan ahead



Check your medication order some more





# Coronavirus

Stay well

Keep moving

Being indoors and not moving around much can mean some of these things happen

**You feel stiff and have more pain**



**You feel bad and uncomfortable**



**You feel unwell and miserable**



Ideas to make things better

**Doing housework gets you moving**



**Clean surfaces and things you touch a lot**



**Try doing some dancing or exercise at home**

**Go for a walk round your house**





# How I can help myself

Write or draw what **you can do**



Do a jigsaw



Listen to music



Try arts and crafts



Look for exercises  
on the computer





# Things to do

## Happiness word search

f	l	k	y	f	s	m	i	l	e	s	j	h	v	b	m
a	u	m	k	d	s	c	x	z	h	t	c	s	t	q	p
d	b	m	b	k	l	l	i	h	d	r	o	h	e	d	w
m	n	u	g	x	d	s	a	u	t	w	n	e	l	l	f
a	y	s	o	a	t	n	v	g	s	y	s	r	e	t	h
u	b	i	s	a	r	y	a	s	e	i	o	f	v	e	p
c	h	c	d	b	j	d	f	i	e	j	l	e	i	s	k
c	a	t	e	z	b	k	e	o	f	e	e	t	s	t	a
w	o	l	h	n	d	f	d	n	g	e	s	q	i	j	r
v	y	m	s	e	a	a	g	h	i	t	w	c	o	n	t
g	h	r	p	u	i	e	a	d	b	p	t	u	n	r	s
b	g	e	t	u	y	z	g	a	m	e	s	g	u	p	d
s	f	e	t	s	t	a	x	e	e	t	u	g	j	y	g
y	r	h	k	d	u	e	k	l	l	f	i	l	m	s	w
f	l	o	w	e	r	s	r	e	s	a	v	j	o	f	r
y	k	o	e	s	g	b	a	s	e	g	a	u	r	s	t

- ★ garden
- ★ games
- ★ pets
- ★ computers
- ★ consoles
- ★ smiles
- ★ hugs
- ★ music
- ★ art
- ★ television
- ★ flowers
- ★ films



# Things to do

## Spot the difference

See if you can find **8** things that are different



# Coronavirus

Stay well

Keep happy



Some things that can go wrong when you feel worried

**You stop looking after yourself**



**You stop taking your medication**



**You are lonely and think too much**



Ideas to make things better

**Open your curtains in the morning and try to get dressed if you can**



**Try to do one nice thing at home each day**



**Set an alarm to remind you to take your medication**







# How I can help myself

Write or draw what **you can do**



Put up nice pictures



Try hobbies to take your mind off things





# Coronavirus

## Stay well

## Stay connected

Things that can go wrong when you feel lonely

**You miss your friends and feel lonely**



**You stop talking to people and feel cross**



Ideas to make things better

**Try video chat so you still see your friends**



**Arrange with a friend to phone each other to catch up**



**You and a friend could watch the same film then talk about it on the phone**



I liked it



# How I can help myself

Write or draw what **you can do**



Set a time to ring a friend and have a teabreak on the phone



Keep in touch with friends even if you cannot meet up



# To get help



**Hertfordshire County Council**

**Adult Care Services**



**0300 123 4042**



[www.hertfordshire.gov.uk/LDmyhealth](http://www.hertfordshire.gov.uk/LDmyhealth)  
[www.hertfordshire.gov.uk](http://www.hertfordshire.gov.uk)



**Herts Help**



[info@hertshelp.net](mailto:info@hertshelp.net)



**0300 123 4044**



[www.hertshelp.net](http://www.hertshelp.net)

If **you** are ill and need support

or **999** to call an ambulance



**NHS**



If you feel very upset



**116 123**



Write your important numbers to call here

A large empty rectangular box with a green border, intended for writing important phone numbers. A hand holding a pen is visible on the right side of the box.



Made by **Opening Doors** Norfolk, changed for use in Hertfordshire by **Herts People First**

