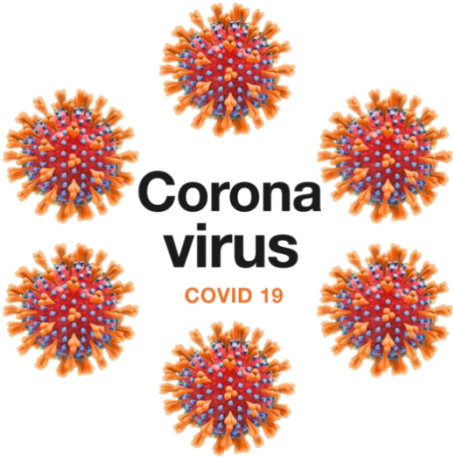







# Coronavirus (COVID-19)

## 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><b>LDE</b> Learning Disability England</p>	<p><b>Keep in touch with people</b></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><b>Help other people</b></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><b>Look after your body</b></p> <p><b>Do:</b></p> <p>Eat healthy food</p> <p>Drink enough water</p> <p>Exercise at home</p> <p><b>Do not:</b></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><b>Think about your new routine</b></p> <p><b>Do:</b></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><b>Don't:</b></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><b>Do things you enjoy</b></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>

	<p><b>Find time to relax</b></p> <p>Yoga and breathing exercises can help.</p> <p>You can find games and puzzles you can use to relax, as well as breathing exercises that may help, at <b>Mind</b>.</p>
	<p><b>Enjoy nature</b></p> <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 <b>Public Health England</b> and the <b>NHS</b>.</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 <b>healthy food</b>.</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 <b>NHS 111 online</b> 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 <b>not</b> go to a GP surgery, pharmacy or hospital as you could pass it on to others. Get advice from <b>NHS 111 online</b> 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 <b>Mencap</b>.</p>

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