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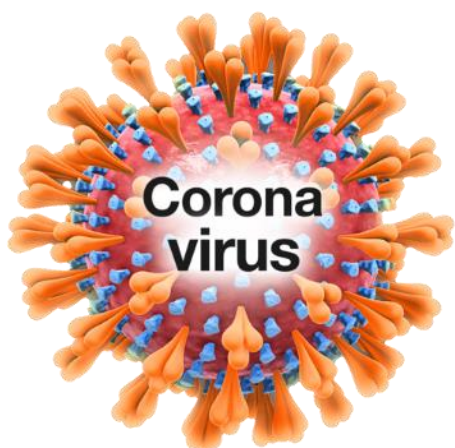
Iechyd Cyhoeddus
Cymru
Public Health
Wales



Coronavirus (COVID-19)

Easy read information about
**Looking after your feelings
and your body**

April 2020



COVID-19 is a new illness.

Lots of people call it **coronavirus**.

It can affect your lungs and your breathing.



Coronavirus can spread from person to person.

There are lots of things that we can do to stop it spreading.



To stop coronavirus spreading we all have to **change** how we spend our time and how we do things.

A lot of things have changed because of coronavirus.



When things change
it can affect our **feelings**.

Sometimes it can make us
worried and anxious.



This is OK.

There are lots of things
that you can do to help.



To stay well we must look after
our feelings and our body.

This information is about some of
the things we can do to look after
our feelings and our bodies
and feel better.

Look after your body



Eat healthy food.



Drink enough water.



Exercise at home.



Don't smoke.



Don't drink too much alcohol.

Look after your feelings



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



Talk to someone you trust about the things that make you worried.



Carry on doing things that you enjoy doing in your home.

Think about new hobbies that you can start.



You can try **Mindfulness**.

Mindfulness can help people feel less worried and anxious.

Ask someone to help you find something that could be good for you.

Talk about your mental health



If you feel worried or anxious, and you want to talk to someone in private **these people** can help.



Mencap support people with a learning disability, their families and carers.

02074540454

www.mencap.org.uk



If you are autistic and you want more help, you can call the

Autism Helpline on

0808 800 4104

Or go to

www.autism.org.uk/cymru



If you are very worried, and you want to talk to someone in private, you can call **Samaritans** for free on **116 123**

Think about your new routine



Make a plan of the things you want to do in the day.



Make sure you get enough sleep.



Don't look at your mobile or tablet or play video games **just before you go to bed.**

This can make you more awake when you need to sleep.



Don't drink too much coffee and tea.

They can keep you awake when you need to sleep.

Other things that can help



Keep in touch with people.

Talk to friends and family on the phone or online.



Lots of groups are meeting online or by phone.



You can ask your families or carers to help you find out how to join in.



Help other people.

Helping other people can make them feel better and make you feel better too.



Just calling someone for a chat can be a big help.



Do things that you enjoy doing in your home.

Think about things you enjoy that you can do at home.



This could be something like

reading,
listening to music
drawing and painting.
Jigsaws.



Find time to relax.

Yoga and breathing exercises can help.



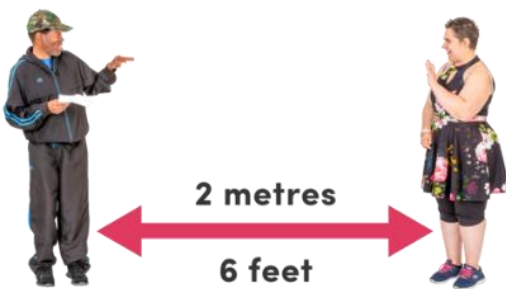
You can find breathing exercises and other things that may help you relax at Mind Cymru.

www.mind.org.uk



Enjoy nature.

If you can, exercise outside one time every day.



Remember, if you go outside

stay at least
3 steps,

or **2 metres**
away from other people.



If you have a garden,
spend time in it.



If you don't have a garden,
try growing a plant indoors,
on your windowsill.



Don't be worried by the news.

Only look at the news
1 or 2 times a day.



Get the facts.

Not all news you hear about
coronavirus is true.

Look for information that you
can trust.

You can find information
that you can trust from



Public Health Wales and



NHSDirect Wales and
111 NHS Wales website.

If you look after someone



If you look after someone,
it is important to have a plan
about what you might do
if you are unwell.



If you have children,
it is important to have a plan
about what you might do
if you are unwell.



It's important that your children
have a routine
and fun things to do too.



Remember to ask for help if you
need it.

Talk to your family,
your support workers,
or social worker if you have one.

Getting things you need



Make a plan about how you can get the things you need.

Try to buy healthy food and things that you really need.



If you have support from other people, ask them to help you.



Only go to the shops when you need to.

If you can, get food delivered to your home.

Medication



If you usually take medication, keep taking it.



Phone your pharmacy or your GP if you have questions about your medication.



You can phone your pharmacy to ask them to deliver your medication.



If it is not possible for someone to help you to get your medication, contact your local council.



If you need to see your GP,
phone them first.

Only go to the GP
if they tell you to.

If you have regular
appointments with your GP,
the GP might say
to stay at home and that they
will talk to you on the phone.



If you have any other
health appointment,
phone them first.



If you have a
health **emergency**
phone 999

Only phone 999
if someone is
very unwell
or if life is in danger.

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