

# My plan for being safe and staying 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 about how it affects people.



The news is saying lots of people are getting ill and many services are closed. It can feel scary because things are changing fast and hard to understand.



This booklet can help you think ahead. Having a plan is good, sometimes it can help stop worrying too much.



Talk through this booklet with someone. You could phone a friend and both fill in your books at the same time.

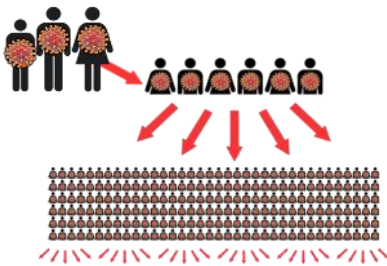


# What is coronavirus



**Coronavirus** is like flu.

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



You can catch **coronavirus** if you spend time with someone who has got it.

It is spreading quickly around the world.



What to look out for - some people call these **symptoms**.

If you have any of these stay home and call someone you trust.



**Fever** where you have a temperature and feel hot



A **cough** that you do not usually have



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



# Coronavirus

## how to be careful and stay safe



The most important thing is to wash your hands regularly with **soap** and **hot water**.



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, to work or someone's house



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



Try not to touch your face with your hands.



People are using lots of hard words at the moment.

We will try to explain them clearly.



**Keeping away** is for people who do not have **coronavirus** or other big health problems.

People call this **social distancing**.

The government wants everyone to do this to help stop the illness spreading.



**Keeping away** means trying to stay about 2 metres away from other people.

This is about the same space as if you had a broom between you.



People doing **keeping away** can go for a walk somewhere like a park if they stay away from other people.

They should not go to places like pubs and cafes.



Staying at home

**Staying at home** means not going out and keeping away from people you live with as much as you can.

People also say **self isolate** or **self isolation** for this.



14 days

14

People with **coronavirus** must do **staying at home** for at least 7 days.

People who have been near someone who is now ill must do **staying at home** for at least 14 days.



Corona virus

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

The government wants all people with health issues to do **staying at home**.

## When you are in self isolation you should



Ask someone to shop for you or order your shopping in

No visitors today



Tell people you are **self isolating** so they cannot come visit



Keep your towels and bathroom clean



Wash your hands a lot



# Coronavirus if you get ill



Tell someone you are not well.  
Ask them to help you work out if you need to call anyone like a GP.



If you have any of the **coronavirus symptoms** you must not go out at all.  
You do not need to call your GP.



You will need to rest and drink lots as you will feel like you have the flu.  
If you feel worse after a few days you should ring **111**.



If you have problems breathing or feel very ill like you could collapse then ring **999** straight away.



Staying  
at home

# Getting ready for staying at home



Make sure your food is topped up.  
Ask a supporter to go shopping or try to order food online.



Ask supporters to help you cook lots for your freezer if you can.  
Try to have healthy foods to fill you up.



Check your medication and order some if you need to.  
Ask a friend or supporter to help you work out when you must order more.





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 important phone numbers around where you will be able to find them.

Make plans to catch up with friends on the phone or on messaging.



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 - be kind.**



# Coronavirus stay in, stay well

You might be worrying about these things

**Running out of medication**



**Missing health appointments**



**Supporters cannot come to you**



Things **you** or your supporter can do

**Check with your pharmacy about how to get your meds**



**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 meds  
order some more



Pharmacy





# Coronavirus 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**

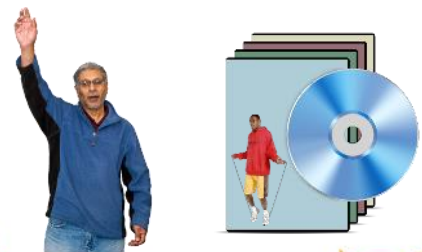


Ideas to make things better

**Doing housework gets you moving**



**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 wordsearch

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 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 overthink things**



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 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



# Places you can get help

If you feel very upset



116  
123



Norfolk County Council

social services



0344  
800  
8020

If you are ill and need support



111

To call an ambulance



# To contact Opening Doors



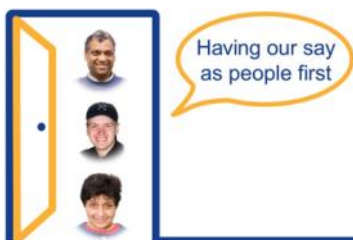
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We want to say a big **thank you** to Photosymbols for working hard to put new pictures up

