

# NEWSLETTER

## April 2020

### Please take one!

#### **Coronavirus**

Everyone must stay at home to help stop coronavirus (COVID-19) spreading. Wash your hands with soap and water often to reduce the risk of infection.

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To stop the spread of coronavirus, you should only leave the house for very limited purposes:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- travelling for work purposes, but only where you cannot work from home

These reasons are exceptions. Even when doing these activities, you should minimise time spent outside of the home and ensure you are 2 metres apart from anyone outside of your household.

You should also:

- wash your hands with soap and water often – for at least 20 seconds
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue when you cough or sneeze
- put used tissues in the bin immediately and wash your hands
- not touch your face if your hands are not clean

## **COVID-19 MENTAL HEALTH CAMPAIGN HAS LAUNCHED**

With many feeling worried or anxious during these challenging times, there are lots of things we can all do to look after our own mental health and help others, to prevent these feelings from becoming more serious.

- Now more than ever, Every Mind Matters.
- All over the country we're staying at home to protect the NHS and save lives.
- We'll all be experiencing highs and lows and it's perfectly normal to miss loved ones, get frustrated, feel anxious or stressed.
- There are things we can all do to look after our mental wellbeing at this time. Every Mind Matters can help get you started with your NHS online plan
  - showing you simple steps to help deal with stress, boost your mood and feel on top of things.
  - The NHS Every Mind Matters website provides simple tips and advice for you to look after your mental wellbeing during this time – visit [www.everymindmatters.co.uk](http://www.everymindmatters.co.uk) to get your free online personal Mind Plan.
  - Some NHS advice includes:
    - Maintaining contact with friends and family via telephone and video calls, or social media;
    - Keeping a regular routine and sleeping pattern;
    - Looking after your body with indoor exercise;
    - Talking about your worries – with friends or via a helpline / volunteer service;
    - Staying on top of difficult feelings and try and manage unhelpful thoughts;
    - Finding time to relax and trying out relaxation techniques;
    - Focusing on a hobby or learning something new
- It's important that you take care of your mind as well as your body and to get further support if you need it
- We're in this together.

Visit **[www.everymindmatters.co.uk](http://www.everymindmatters.co.uk)** to create your own Mind plan