

Staying at home because of COVID 19



You may have seen on the news that people across the world are very worried about a virus called **COVID 19**. You may know it as the Corona Virus.

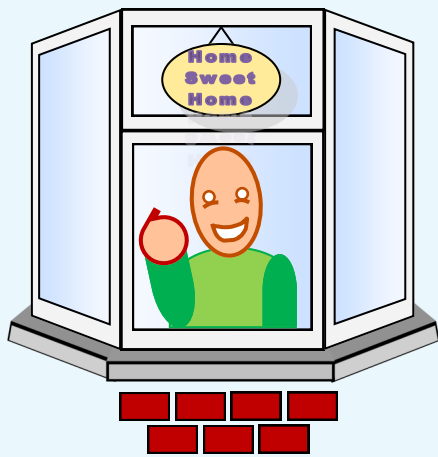
It spreads very easily from person to person and makes people feel poorly.



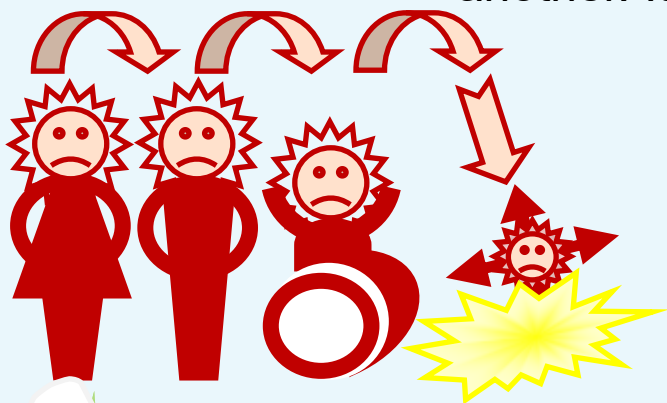
Most people will be able to get better, but some people may get very ill and need to go to hospital. So it is very important to try and stop this virus spreading. If too many people get sick at once our NHS will struggle to look after everyone.



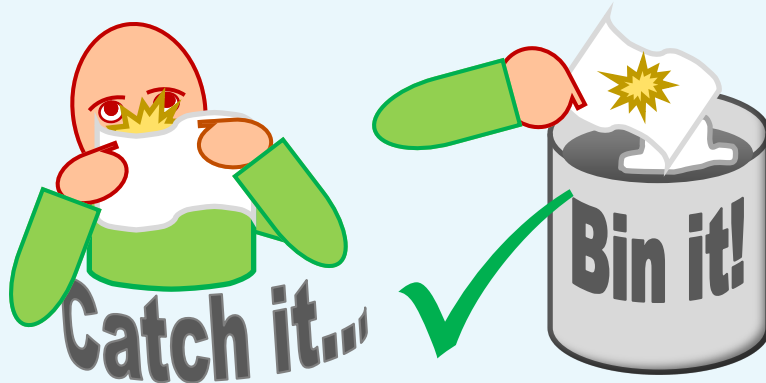
This is why the Government has asked people to stay at home and keep their distance from other people. It is why day centres, schools, colleges and other public places are being closed.



Those of us who can are all being asked to stay at home and keep our distance from people other than family and carers. This is because the virus will find it harder to spread if people keep their distance from one another. It is called **Social Distancing**.

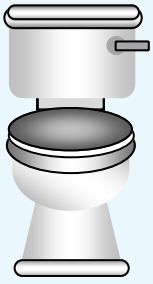


To try and beat this virus we all need to work together and be '**Stay Home Heroes**'. It might be hard to miss out on things you like doing, but it will not last for ever.



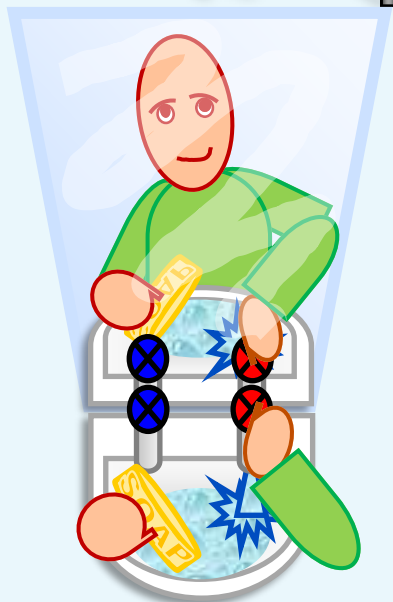
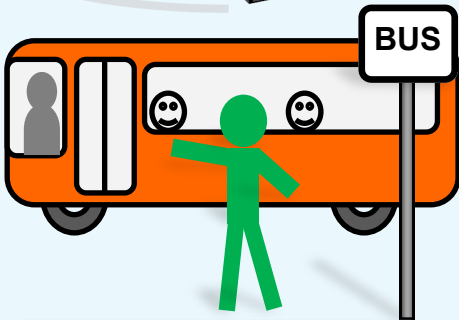
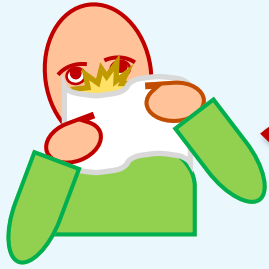
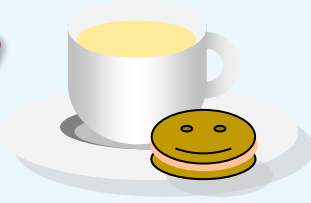
Even though you stay at home it is still very important to follow the guidelines to:

- **Cough and sneeze into a tissue, then put it in the bin. A cough or sneeze can travel a long way carrying any virus with it and leaving germs on surfaces.**



• Wash your hands regularly!

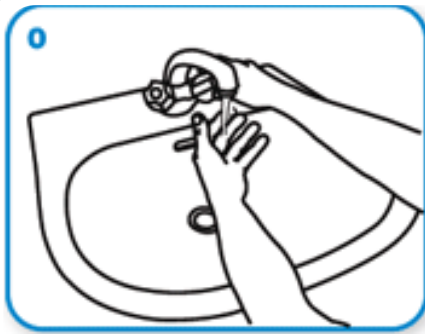
Especially wash your hands:



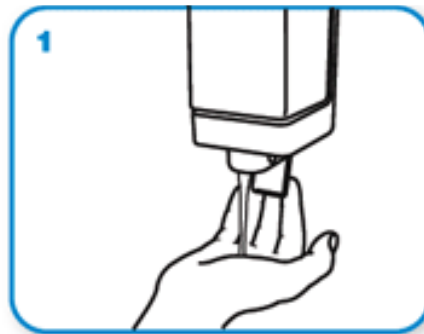
- After you have been to the toilet
- Before you eat or prepare food
- After you have sneezed, coughed or blown your nose.
- If you have used items shared by others. Like TV remotes, Games consoles, computers and phones
- If you have used public transport or been in the car somewhere.
- If you have used any door handles or railings that other people have used.

It is important to wash your hands well with soap and water. Wash them for at least 20 seconds. **As long as it takes to sing 'Happy Birthday to You' twice.**

Have your own separate clean towels to use, or if you can, use paper towels and bin them after. The next page shows how the World Health Organisation recommends you wash your hands. Like Doctors and Nurses do.



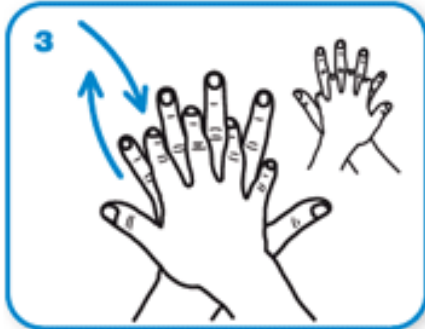
Wet hands with water



apply enough soap to cover all hand surfaces.



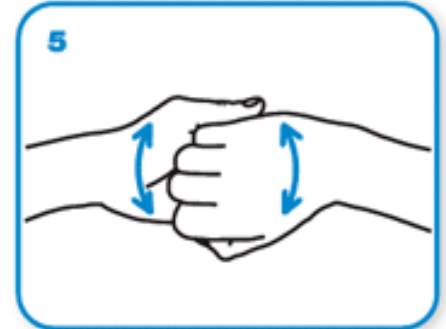
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



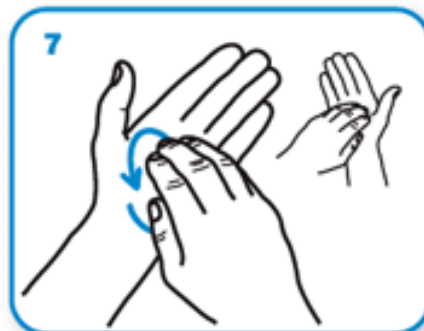
palm to palm with fingers interlaced



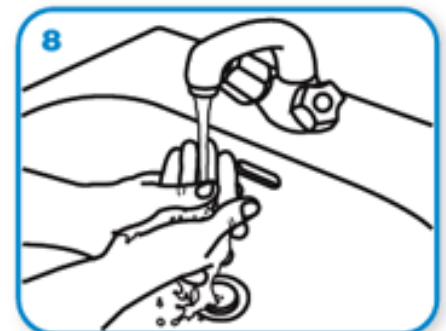
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



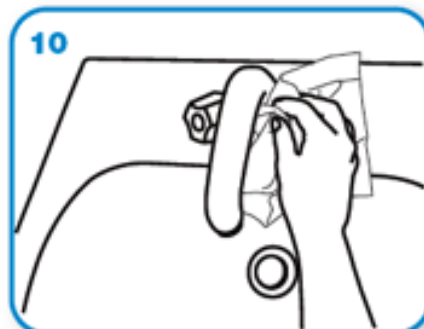
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



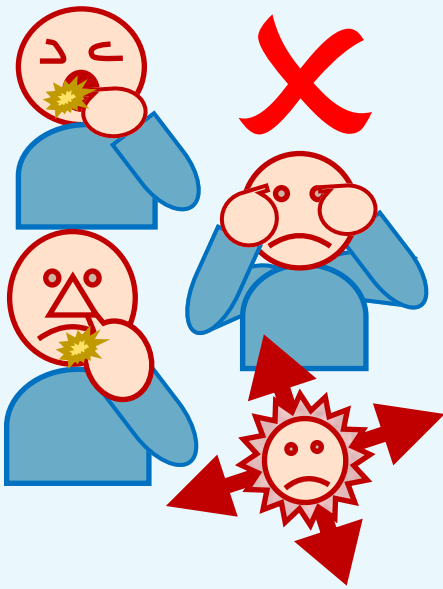
dry thoroughly with a single use towel



use towel to turn off faucet

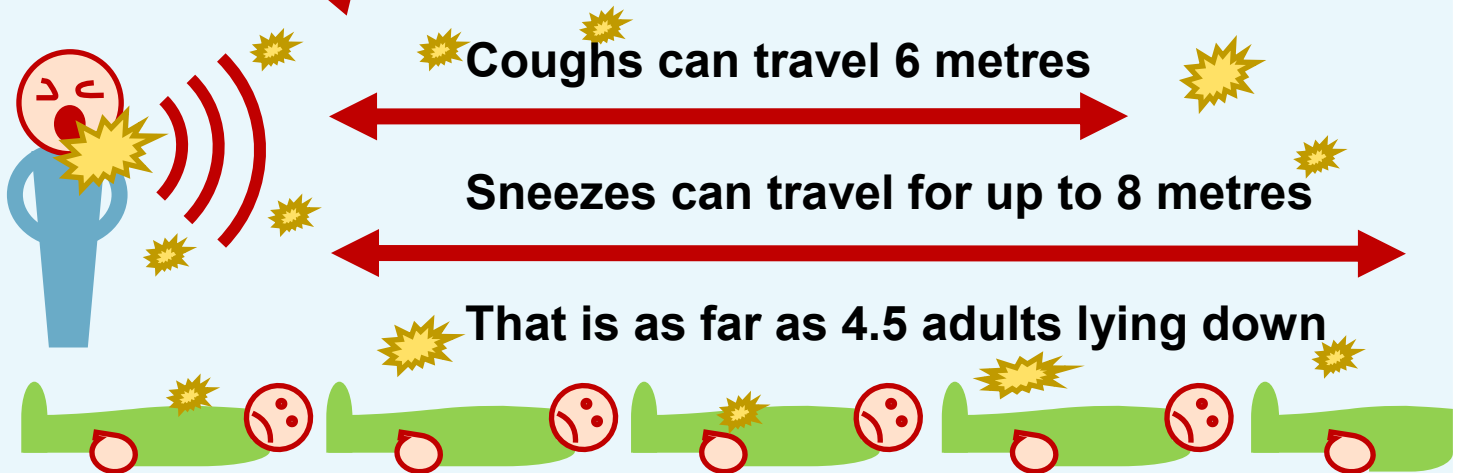


...and your hands are safe.



It is important that you try not to touch your face and mouth, rub your eyes, pick your nose or spit. By doing this you can be helping to spread germs and putting them where they will find it easier to get into your body.

If you forget you must wash your hands with soap before you touch anything else.

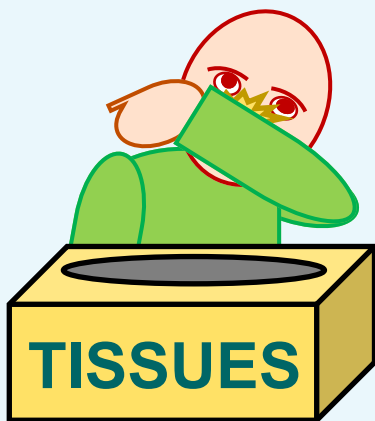


Coughs can travel 6 metres

Sneezes can travel for up to 8 metres

That is as far as 4.5 adults lying down

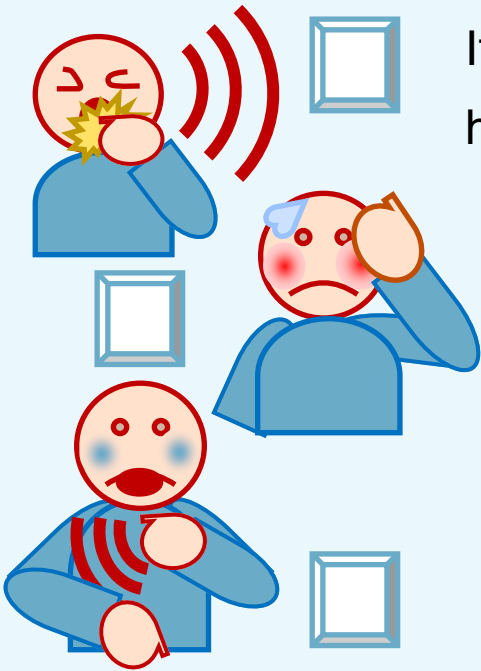
Coughs and sneezes spread diseases!



If you find that you are going to sneeze but don't have a tissue you can sneeze into your sleeve. It is important to stop your sneeze spreading everywhere. Try and remember to always have tissues with you.

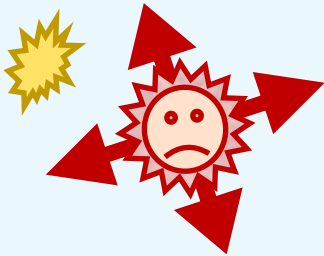


You may notice that people around you are spending more time cleaning. This is because we have all been advised that we need to be extra careful about cleaning our homes. We have to do our laundry regularly too. You could try and help with the cleaning.

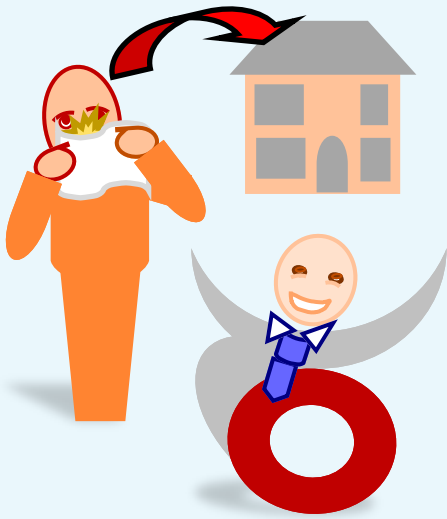


It is a good idea if people living in the same house check every day to see if they:

- have a dry cough
- have a temperature
- find it hard to breathe



These are the signs that a person may have **COVID 19**.



If you are a person who has support at home, there is the possibility that staff you are used to may have to stay at their home if they think they have the virus. This is to keep you safe.

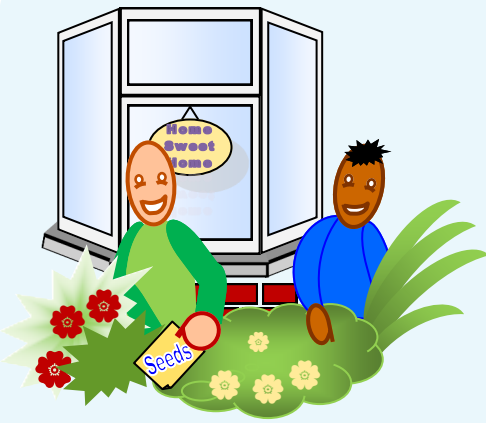


Where possible other staff will come and support you. The organisation that supports you will do their best to make sure they keep in contact with you to make sure you stay safe and well.

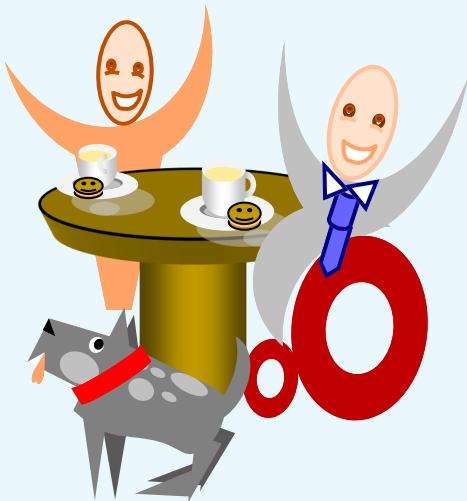
All staff should take appropriate precautions and support you to protect yourself against the **COVID 19** virus.

For now you do not have to stay in the house, just avoid crowded spaces.

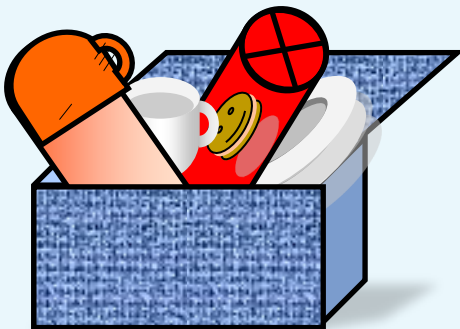
You can go in your garden or for walks in quiet places like parks and countryside where you will be able to keep a safe distance from people.

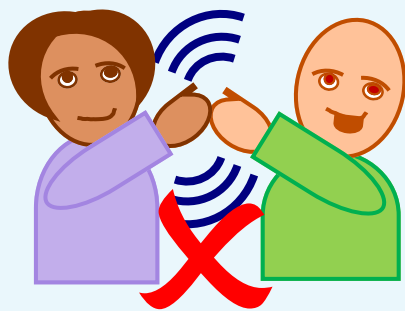


Most cafes will be closed because it is too risky to have lots of people gathering together. You can take your own snacks and hot drink in a flask and find somewhere quiet to have a picnic. Or go for a drive and picnic in your car.



Make sure you take hand sanitiser with you to keep your hands clean. It needs to be at least 70% alcohol to kill germs.





So that we can say goodbye to COVID 19 we have to change the way we say 'Hello'.



It is best not to hug, shake hands or give hi 5's because the virus can pass from hand to hand. We can say our hello's instead.

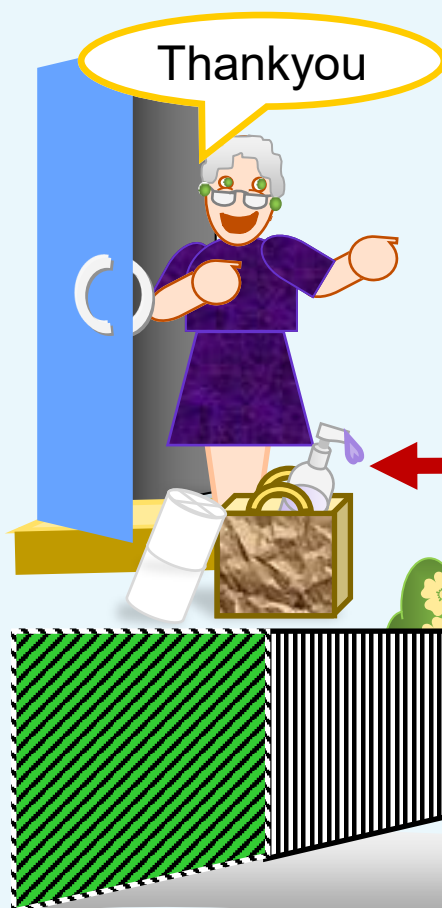
Some people are bumping elbows. Another way to give this nasty virus the elbow.



It is still important to keep in touch with people because being stuck at home can make us feel quite lonely and maybe scared.

It will be especially hard for older people and anyone living on their own. So you can be a

'Stay Home Hero' by taking the time to say hello to your older neighbours. Keep a safe distance and have a chat. Maybe ask if they need any shopping done. Leave shopping you do for them on their doorstep.



It is important that 'Stay Home Heroes' find fun things to do:

It may seem tough if you cannot do the things you normally do, but this may be a chance for you to try other things:

Ideas for activities..

Bird Watching



How many birds visit your garden and what kind?

Gardening



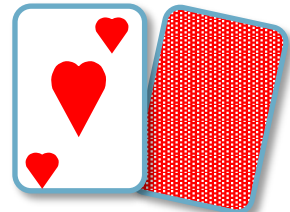
Grow some vegetables. Who can grow the tallest sunflower?

Phone friends



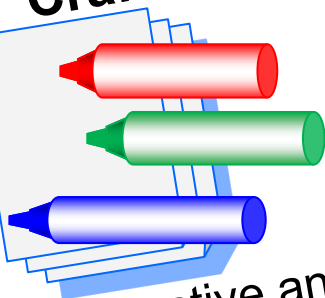
Make sure people don't feel lonely and keep in touch?

Games



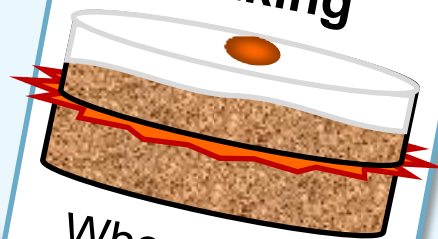
Get out your favourite games, organise a tournament.

Crafting



Get creative and learn a new craft?

Baking



Who can bake the best cake? Lets have a bake off!

Keep in touch and show us how creative you are.

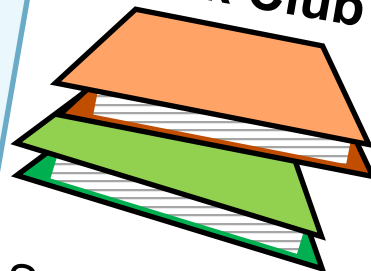
Movie Nights



Watch your favourite films and ones other folk recommend.

Ideas for activities..

Book Club



Set up an online book club and do book reviews?

Music and Dance



Keep your spirits up by listening to music you like

Exercise



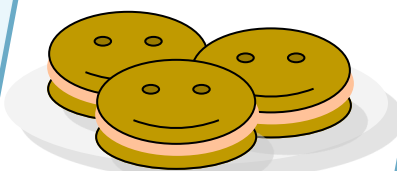
Use exercise videos and keep yourself fit.

Write letters



Send letters or cards to friends and family?

Cooking



Improve your cooking skills and keep healthy.

This is a time when communities come together. Contact your local voluntary organisations and community faith groups so that they know you in case you need help. **Be safe 'Stay Home Heroes'.**