

Coronavirus (Covid-19)

Things to do if you are staying at home



If you have a **learning disability** and **health conditions**

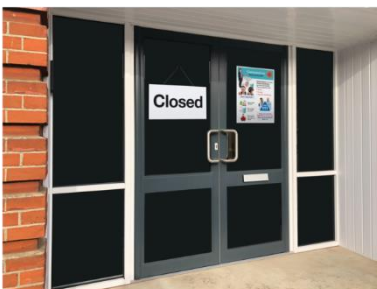
To keep you well from Coronavirus

You should **stay home** and away from busy places **as much as you can**



Some people have been told to **stay at home** and not go out at for 14 days

Because they may have the virus or know someone who has



Some day-centres, drop-ins and groups are closing

Some Cinemas, Pubs and Libraries are closing too

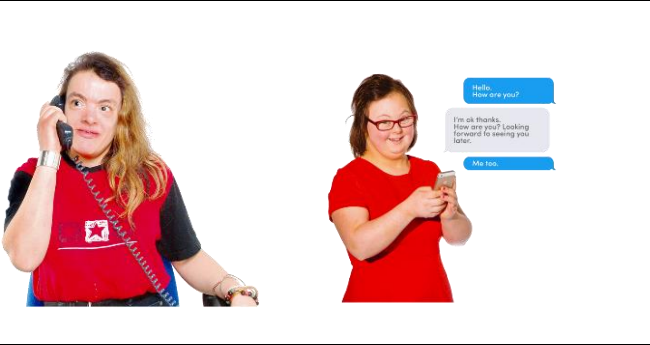


Here are some things you could do while you are staying at home



Talk to people

Talk to someone every day



Phone or text a friend or family



Use face book or face time to talk to your friends or family



Use WhatsApp to video chat send a message or pictures with friends.

A group of friends and family can talk on WhatsApp.



Skype your friends or family



Use FaceTime, Skype, WhatsApp to have a coffee and a chat with friends, you could listen to music together have a dance.



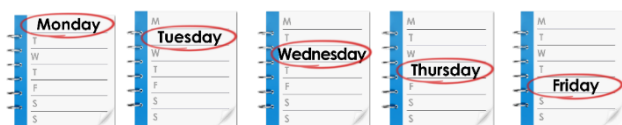
Ask a support worker to phone you



You can talk to Speak Out



01273 421921



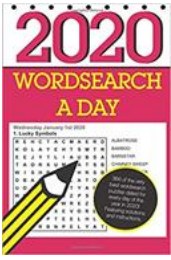





Monday, Tuesday, Wednesday, Thursday and Friday



to



9:00 am to 5:00 pm

	Things to do
	<p>Word searches</p>
	<p>Read a book</p>
	<p>Colouring and art</p>
 	<p>Gig Buddies Coronavirus Fest</p> <p>Live music and acts to keep us all entertained</p> <p>https://www.facebook.com/coronavirusfest/</p>
	<p>Listen to the radio and music</p>



Watch, television and films



Play games

Exercise



Exercise in your house

Go up and down the stairs



Use food tins as weights



Dance to music



Go for a walk, by the Sea or in the Park

Try to keep distance from other people

Food Shopping



Can you ask someone to get food for you, or have it delivered?

Big, supermarkets have **quiet times** just for **people with learning disabilities**, older people and people with health conditions.



Medication

Make sure you have enough medication, or a way to get it?

Make a plan



Make a list of things to do and people to talk to

Adapted from:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#PlanForStayingAtHomeOrIndoors>

Things are changing very quickly so if you can, phone services to check the information in this leaflet is correct.

In addition, the information does not constitute a recommendation or endorsement of any organisation, resource or website listed.

