

## **A Guide to Coronavirus:**

Why self-isolating is important and what to do during the time spent at home.



## Introduction

We know this time can be very worrying for people.

We hope this booklet will help offer some information and advice on what to do while you are self-isolating.



# Coronavirus

## Wash your hands more often



Coronavirus is a serious illness that can make you very ill.



The best way to not catch it is to wash your hands more often for 20 seconds.



Use soap and water or a hand sanitiser when you:

- Get home or into work



- Blow your nose, sneeze or cough



- Eat or touch food

Find out more at  
[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



# What to do if you have symptoms

Stay at **home** for 7 days if you have either:



- A high temperature



- A new continuous cough



- If you live with other people, they should stay at home for 14 days.

**Do not go** to a GP surgery, pharmacy or hospital.

You **do not need** to contact NHS 111 to tell them you're staying at home.

## Self-isolating Questions Answered

Question: What is Self-isolating?

Answer: Self-isolating means staying home to lower the number of people you see.

Question: Why is this important?

Answer: It will help lower your risk of infection. It will also help lower the risk of people spreading the infection.

Question: How do I get food if I am self-isolating?

Answer: Friends and Family can drop food off to you. You can also use food delivery services. Please ask the delivery driver to drop food off outside your door.

Question: What if I have nurses or carers come to my home?

Answer: Please let anyone know ahead of them coming to visit you that you are feeling unwell. They will then let you know what they can do.

Question: What do I do if I can't cope with my symptoms?

Answer: If you feel you cannot cope at home please use the NHS 111 online tool. If you do not have internet access please call 111. If it is a medical emergency call 999.



The rest of this booklet includes some ideas of things to do while you're self-isolating.

## Relaxation Exercises



1. Breathe in slowly and deeply through your nose. Keep your shoulders relaxed. Your tummy should get bigger, and your chest should rise a little.
2. Breathe out slowly through your mouth.
3. Repeat this for 5 minutes or until you feel more calm.

## Exercises to do at home

### Sitting Exercises

Before you begin:

1. Choose a solid, stable chair that doesn't have wheels.
2. Use a chair with no arms.
3. Wear comfy loose fitting clothing.



## 1. Chest Stretch

**A.** Sit upright and away from the back of the chair. Pull your shoulders back and down. Push your arms out to the side.



**B.** Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5 to 10 seconds and repeat 5 times.

## 2. Upper Body Twist



**A.** Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.



**B.** Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

**C.** Repeat on the right side. Do 5 times on each side.

### 3. Hip Marching



**A.** Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.

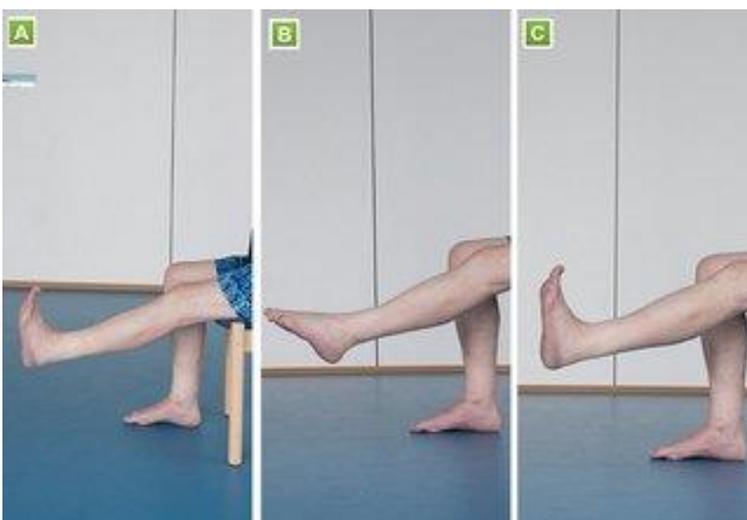


**B.** Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.

**C.** Repeat with the opposite leg.

Do 5 lifts with each leg.

### 4. Ankle Stretches



**A.** Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

**B.** With your leg straight and raised, point your toes away from you.

**C.** Point your toes back towards you.

Try 2 sets of 5 stretches with each foot.

## 5. Arm Raises



**A.** Sit upright with your arms by your sides.



**B.** With palms forwards, raise both arms out and to the side, and up as far as is comfortable.



**C.** Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

## Brain Games

Keep your brain busy with some games below:

### Word Search Puzzle Grocery Shopping

M H ~~A P P L E S~~  
C T H J S G Y T  
B L B R E A D P  
R L S C W T M N  
T E G G S N C Q  
S T R L Z W M S  
B R W Q M E A T  
M I L K N H Y R

Cross out the words in the puzzle.  
The first one is done for you.

~~APPLES~~  
BREAD  
EGGS  
MEAT  
MILK



# Spring Word Search

D B Y G R E N E K Y  
R L H V M E D G B K  
I O L T S I N B N G  
B S S T W I S T X Q  
Y S G H Z O E T D D  
D O E Z A E R S W L  
A M U E W D U G D Y  
L B W T B N E D U B

BLOSSOM

MIST

LADYBIRD

BUZZING

TWEET

GROWTH

SHADE

NEST

BUD

SUN

BEES

ENERGY

Try and find the words in the word search! How many did you get?

# Recipe Ideas for Canned Food

## Salmon and Bean Salad

Ingredients for the dressing:



100 ml Rapeseed Oil



50 ml White Wine Vinegar



1 tsp Runny Honey



1 Pinch of Dried Chilli Flakes



Salt and Pepper

Ingredients for the Salad



1 Can of Pink Salmon



1 Can of Sweetcorn



1 Can of Haricot Beans



1 Pouch of Ready Cooked Couscous



1/2 Diced Cucumber



50 g Fresh Baby Spinach



10 Cheery Tomatoes (Quartered)

## Method

Make the dressing first: Pop all the ingredients into a jam jar and shake well. If you have any leftover it will keep in the fridge for a couple of weeks for other salads.

In a large bowl, gently add all the salad ingredients and carefully mix together. Pop a portion into a bowl and drizzle with some dressing. Enjoy immediately!

## Vegetable Stew with Baked Beans (serves 4)

### Ingredients



1 x onion



2 x leeks



2 x carrots



Sweet paprika



2 x diced garlic cloves

### Method

1. Cut up all your ingredients into chunks.
2. In a large saucepan, heat diced onion and thickly sliced leeks in a little olive oil for around five minutes or until softened. Add carrots, diced into chunks, a tsp of sweet paprika and garlic, then stir and heat for five minutes.

## Activity Tips for Adults who are Self Isolating

1. Watch a TED Talk. TED talks are short informative talks on all sorts of topics. They are educational and insightful.  
<https://www.youtube.com/user/TEDtalksDirector>
2. Listen to a podcast or a new audio book. There are 100s and 100s of free podcasts available on Apple and Spotify. There really is something for everyone.
3. Pick up a Radio Times to see what's on the TV and the Radio. If you know someone is self-isolating you could pick one up for them.
4. Read a book you've had on your shelf and been meaning to get to.
5. Practice Mindfulness or do some breathing exercises
6. Call a friend for a catch up or a relative, or a neighbour. During this time of isolation it is important we all reach out and feel connected.
7. If you don't have anyone you can call give the GP Surgery a call and ask to speak to their Social Prescriber/Health and Wellbeing Advisor. We can offer you support over the phone or even put you in touch with someone else who is feeling lonely.
8. Write a letter to someone. Reach out to someone in a way that doesn't happen as often anymore. Spend the time to curate a letter to someone you love.
9. Create a jar of plans or activities to do in the future when the outbreak is over.
10. Be kind to one another. Don't stock up unnecessarily .