

Protect yourself and others from coronavirus

Looking after your mental health



An EasyRead Guide

What is coronavirus?



Coronavirus is a new illness. It can affect your lungs and your airways. The virus has spread all over the world.



This is because people go on holiday and travel to different countries.



Because it is a new virus nobody is sure how it spreads.



But it could be by coughs, sneezes and touching things like door handles that other people with the virus have touched.

Looking after you mental health



You might feel more anxious than usual because of coronavirus in the UK.

Here are some tips to help if you are feeling anxious:



Watch the news for a shorter amount of time. This might help you worry less about what is happening.



When looking at information about coronavirus stick to websites like the NHS and the government website.



If some posts on your social media accounts are making you upset, you can mute them.

Self-Isolating



You might choose to stay at home so that you do not catch coronavirus. This is called Self-Isolating. This might mean you have a lot of spare time.



Even though you are indoors, it is good to stay active and keep busy.

Here are some ideas of things you could do in your own home:



Phone or video call your friends and family.

This will help you feel supported by and connected to your friends and family.



Do some jobs you have been meaning to do for a while.

Like decluttering/organising your house or doing some gardening.



Follow an exercise class from a YouTube video or do some exercises that you know and enjoy.



Try out some new recipes when cooking your meals. You could look online for some ideas.



Do something creative like writing or drawing.



If you don't have any symptoms, you can go for a walk. You must stay away from others.

Hygiene



It is always important to keep yourself clean. It is very important to do this when you are at risk of catching a virus.



Whilst you are at home you can clean your house to pass the time.



Make sure you wash your hands with soap and water often for 20 seconds.



Cover your mouth and nose with a tissue when you sneeze or cough and put the tissue in the bin straight away. Then wash your hands.

NHS 111 service for coronavirus symptoms



If you feel like you have the symptoms of coronavirus then do not call 111.

Instead visit the NHS 111 online service. The link is <https://111.nhs.uk/covid-19/>

This will tell you what steps you need to take depending on how you are feeling.

NHS 111 online

Coronavirus (COVID-19)

Do not go to a GP, pharmacy or hospital.
[Find out what to do if you think you have symptoms](#)

Get medical help near you

1. Answer questions about your main symptom.
2. Find out when and where to get help.
3. Be contacted by a nurse, if needed.



If you are unable to use the online service and are struggling to cope with the symptoms then call 111.



Only ring 999 if you feel it is an emergency such as, finding it very difficult to breathe.



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

For more information please contact:

btm

the home of accessible information



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