



Local churches bringing people together

COVID-19 Coronavirus advice

HEALTH AND WELL BEING

If you have symptoms of coronavirus (a high temperature or a new, continuous cough) use the 111 coronavirus service to find out what to do. If you are unsure how to do this contact a friend or family member.

1. STAY AT HOME. Please observe the government's request for us all to stay at home unless you absolutely have to

- a) Go to work.
- b) Get essential shopping
- c) Collect essential medication
- d) Have 1 session of exercise
- e) Meet the needs of those who are vulnerable, self-isolating or poorly

2. If you do leave your home stand 2 metres away from anyone you encounter and avoid touching your face. Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. Wash your hands immediately when you return home.

3. Regularly wash your hands while saying the Lord's prayer because it takes 20 seconds (or Happy Birthday twice!). Do this after food/parcel deliveries also.

4. Ensure you have enough of your medication, if not contact your local pharmacy and ask a family member or neighbour to collect it for you. Please note some pharmacies may be able to deliver your medication for you.

5. Appoint an emergency contact and inform this person if you start to feel unwell.

6. NHS 111 should be your first contact point if you start to feel very unwell from coronavirus symptoms. Do not visit your GP, local pharmacy or hospital unless instructed to do so on taking medical advice. If you suspect your symptoms are due to something different please contact your GP.

7. Don't forget to take your medication

8. Contact a neighbour/friend or church if you are running out of food before you have none.

9. Tell a friend, a loved one, the pastor or a neighbour if you're concerned about the illness.

10. Try not to worry and limit your exposure to the news and media. The great majority recover well and if you follow the social distancing advice you are far less likely to catch it.

11. Keep active, try to do more physical movement around the home or in your garden. Try standing up 10 times per hour.

12. Eat little and often, stay hydrated.

13. Join any local support/help groups and let them know you are living alone

Executive Director : Gail Millar
gail@befriended.org : 07900 215600

www.befriended.org

Registered Charity Number 1175623

THINGS TO DO

10. Phone someone every day for a chat
11. Take warm bubble baths or regular showers if you can do this safely
12. Pray for yourself and for others, let others know any prayer requests you have
13. Sudoku, crosswords, word-searches, jigsaws
14. Arrange to have a newspaper delivered
15. Listen to worship music, download sermons, watch streamed Church services (consider phoning us to discuss access or which local services are available)
16. If you have a tablet or smart phone, listen to a variety of music, pod casts, stories or audio books
17. Start a new hobby i.e. crafts, knitting, crochet, cross-stitch,
18. Card making – you could make cards that the Church could use to send out to others
19. Baking cakes, make cakes that can be taken to others
20. Do those jobs you have promised to do for years - clear out that cupboard, name those photos etc.
21. Set a goal for each day
22. Be careful of scammers. If you ask people to leave something at your door give a code i.e. ask them to ring the bell twice so you know it is them.
23. Pray like Daniel 3 times a day for people affected by the Corona virus
24. Connect with people even if it is waving at someone passing your window
25. Sing 2 songs every day to yourself
26. Re-pot your house plants