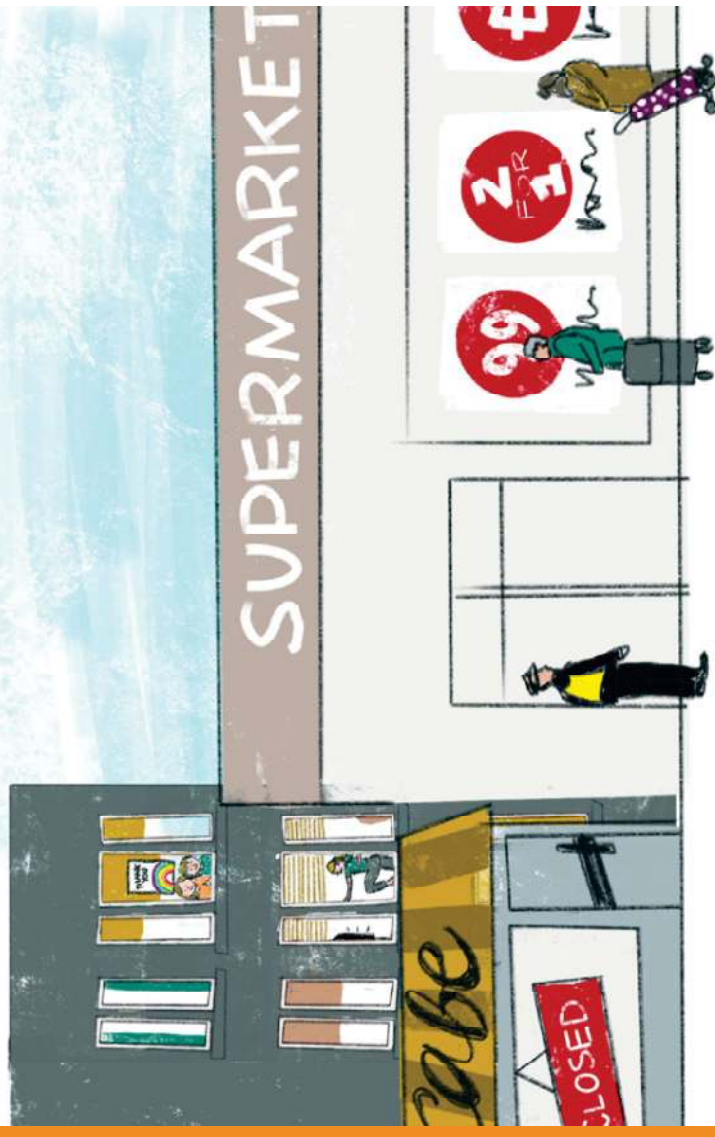


Coronavirus: introduction booklet



 University
of Glasgow

This booklet was produced by
University of Glasgow

Illustrations © Heedi Design

All our lives have changed because of coronavirus.

Coronavirus (sometimes called COVID-19) is very infectious which means it passes from person to person very easily. The government have asked us to stay at home and not meet up with people we don't live with to help stop coronavirus spreading.

We have all had to make changes. You may be used to going out to cafes, visiting friends and family, having a job or volunteering, going to a social club.

But now we have all been asked to stay at home. These changes have been very sudden and have left many people feeling confused and worried. We may also be worried about our own health or the health of our friends and family.



How do we know if something we hear about coronavirus is true?

We might hear something that frightens us or makes us feel upset. Sometimes we can hear or see things (especially on the internet) that are untrue.

Good sources of information:

	BBC website/ TV/radio.		Television news channel such as Sky		Government website – NHS		Ring and ask a trusted staff member/friend/ family member
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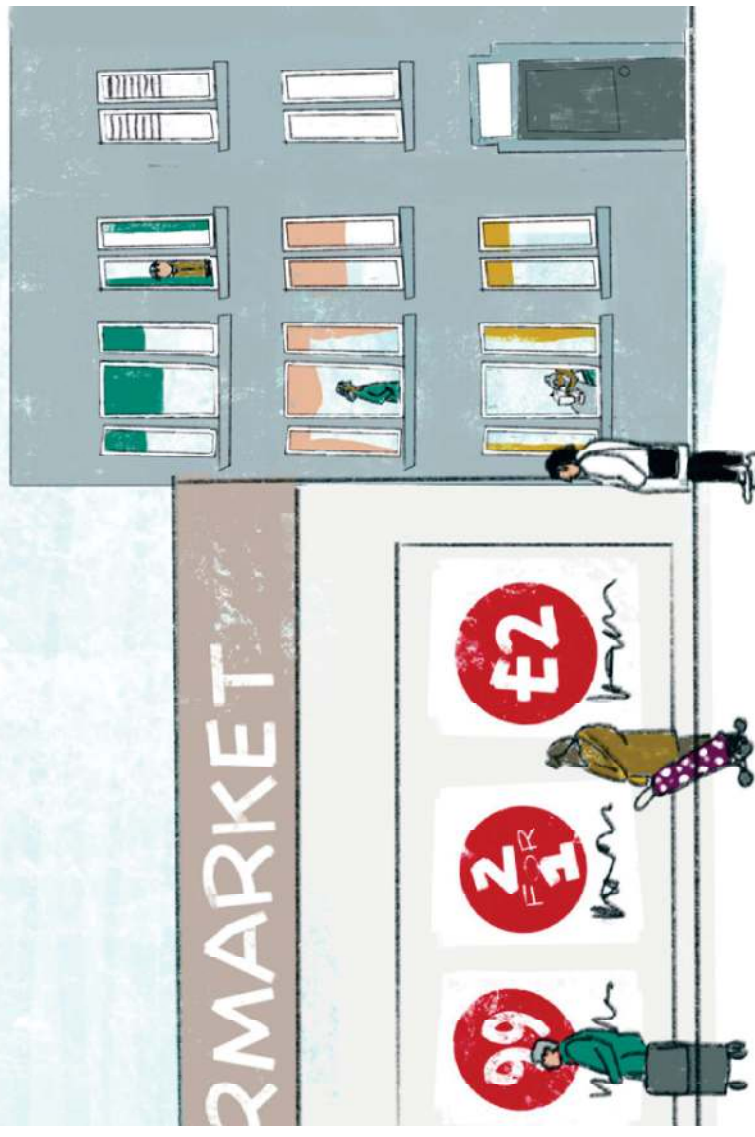
We hope you find these booklets useful. If you have any feedback for the team, please contact us on:

ihw-cope@glasgow.ac.uk

This is part of a series of booklets for you to use, along with someone you live with, a family member, friend or worker. The booklets can help you with your feelings. Remember it is normal to feel sad, angry, anxious, or not be sleeping well.

But it is important to talk about these feelings. It can be hard to talk but talking about how you feel can make you feel better.

If you don't live with your family, not seeing them can make you feel upset. You may not see your workers either. We cannot have visitors and we cannot go out to visit friends or family but there are lots of ways to keep in touch: texting, phone call, email, video calling.



The booklets

There are lots of booklets to choose from. You can use all the booklets or just choose the ones that you need. It is up to you.

To help you understand your feelings

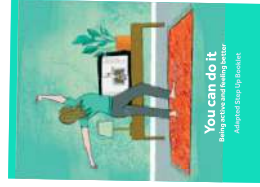
If you feel down:



If you feel anxious:



Being more active:



Solving your problems:



Sleeping better:



Relaxing (video):
www.sclid.org.uk/information-on-coronavirus/



New words

Some of the words that we hear used on TV and on the radio are new and difficult to understand. This is a list of some of these words and what they mean.

Lockdown: This word sounds frightening but isn't. The government have asked that we all stay at home apart from shopping for food, a daily walk or cycle. To help with this some shops, cafes, pubs have closed. You can still go out to get food, daily exercise, or if you need medical help.

Virus: A small particle that can infect a person and make them ill. Colds and chickenpox are both common types of virus.

Isolation: Keeping yourself away from other people. For example, if you start to feel ill with a temperature (fever), or cough, you should not go outside.

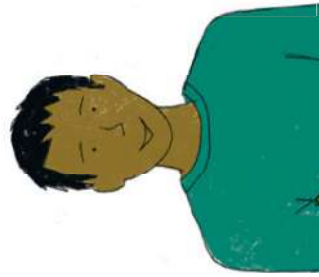
Vulnerable: Some people are more likely to be very ill if they catch Covid 19. These people are **vulnerable** and may need to do extra things to stay safe. The NHS will contact you if they think you are vulnerable and you may be asked to stay inside and not take a daily walk.

Social Distancing: We should keep a physical distance from people we don't live with. On a walk or cycle we should keep 2 metres (a car length) away from other people. It means that you should not go out to visit family and friends or have visitors. You can still call people on the phone, talk via a video call such as facetime, whatsapp, Skype or Zoom.

Covid 19: This is the name of the specific type of coronavirus that is spreading worldwide.

111: This is the telephone number for the NHS. You can call this number if you feel very ill. You can get information on the NHS website.

Tim, Claire and Louise have been able to work through the booklet.



Tim used the 'Sort it Out' booklet with his mum: It helped Tim to talk about how he feels. Everyone in his family has agreed that they should take turns with the TV.



Claire used the 'Feeling Down' and 'Anxiety' booklets with her carer. They helped her talk about her worries. Claire has found lots of workouts on YouTube! This has improved her mood and wellbeing.



Louise has found all the booklets helpful. Louise's carer has helped her plan her day and to arrange a phone call each day with family and friends. This gives Louise something to look forward to. Louise is able to relax at bedtime and she is now sleeping better.

If you live with someone or have family, friends or visiting workers, ask them to look at the booklets with you. If you live on your own you can ask someone to talk through the booklets with you on the phone or using a computer. Sometimes it is hard to say how you are feeling. The booklets have stories and questions to help you think about how you are feeling. They also have practical suggestions of how you can feel better!



Challenges

We all have different living situations.

1. You may live with family.

Tim lives with his sister, mum and dad. Tim likes living at home and loves his family. He is very worried about his mum and dad because they are older. He is finding his sister very annoying as she always wants to watch her programmes on the TV and won't let him have a turn.



2. You may live in a shared house.

Claire lives in a shared house with two housemates and staff and is very anxious. She cannot go to her usual day activities or to her mum's house for tea. Claire likes to keep fit and is missing her gym classes.



3. You may live on your own.

Louise lives on her own in a flat. She usually works at a supermarket which she enjoys. She likes chatting to her friends at break time. Because Louise has bad asthma she has been told not to work because of coronavirus. She now only sees staff when they visit three times a week. She is missing spending time with her friends and family and finding it hard to sleep.



Tim, Claire and Louise are all facing different challenges. Tim isn't able to go out as much as he wants and is getting frustrated with his family. Claire is not able to do her usual routines. Louise is unable to go to work and because she loves spending time with others, it has left her feeling lonely.

No matter what our living situation we are all facing challenges. We can use the talking points in the following booklets to open up about our feelings, talk to someone we live with, or a visiting carer and try to work together.

The advice in the booklets can help with how to deal with difficult feelings such as feeling down or feeling frustrated at not being able to go out. They can help with planning a routine, relaxation exercises, and sleep.