

# What does it all mean for me?

In this time of uncertainty, we wanted to put together a short guide of what this all means for our young people, and how they can do their part.

## The Do's

- Go to work if you can't work from home.
- Go outside for one form of exercise per day, a walk/run, alone or with people you live with.
- Go shopping for food and medicine and essentials, as little as possible.
- Use phone and online contact instead of meeting up with people.
- Check for updates on official websites such as [gov.uk/coronavirus](https://www.gov.uk/coronavirus) and reliable news outlets, BBC, Sky News etc.

## The Don'ts

- Don't meet up with family or friends that you don't live with.
- Don't spend unnecessary time in public places such as parks or town centres.
- Don't become isolated, stay in touch with family and friends virtually- and reach out if you need help.
- Don't believe everything you see on social media. Check stories and facts on websites you trust.
- Don't take additional risks, with your own safety or that of others.

## Why does it matter?

**"I don't have any health conditions" "I'm young and healthy, I'll be fine"**

Even if you aren't classed as 'high risk', you can still be susceptible to the virus, and it can still be dangerous.

You could also carry and transmit the virus without knowing, putting those who are 'high risk' in danger. The more responsible everyone is, the sooner we will all be able to return to normal.

Everyone needs to work together if we want to protect the NHS and reduce the lives lost. We need to lower the amount of people getting sick, as we only have limited supplies of medicine and equipment.

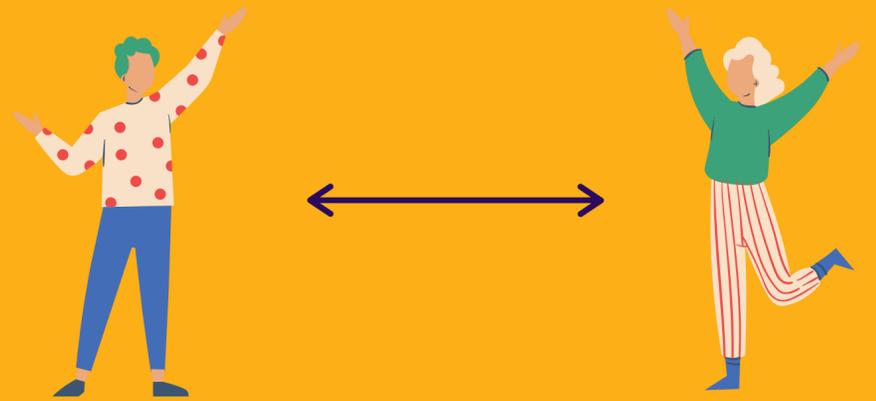
We also need to protect the doctors, nurses and key workers on the frontline.

# NEED TO KNOW- THE BASICS



## WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



## MAINTAIN SOCIAL DISTANCING

Maintain a physical distance of at least 2 metres (6 feet), preferably more between yourself and other people.



## AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, these can then transfer the virus to your eyes, nose or mouth.



## IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, call NHS 111 and if symptoms worsen, seek medical help.

## LOOK AFTER YOURSELF

If you feel anxious, reach out and contact friends or family. Try to maintain a daily routine, and avoid reading the news if it is stressful.

Food shopping may look a bit different, but you can use the opportunity to learn to cook new meals.

Work out at home! Working out can reduce stress levels and release chemicals in your brain that make you happy.

There are many charities and organisations who can offer help and support if needed, the links below many help.

[Mental Health Support](#)

[Managing Stress](#)

[Housing](#)

[Domestic Abuse Support](#)

[NHS Advice](#)

[Benefits and Financial Support](#)

[Crisis Support](#)

