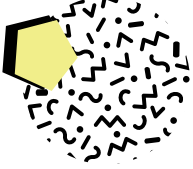


The background is a solid teal color. It is decorated with various abstract geometric shapes scattered across the surface. These include triangles in yellow, purple, and blue, some with black outlines or shadows. There are also zigzag lines in blue and pink. Small circles in pink, purple, and yellow are present. Some shapes have black dots or lines trailing from them, giving a sense of movement or depth. The overall style is modern and graphic.

FEEL BETTER

Coronavirus Support Guide



Let's face it – there's nothing good to say about coronavirus (COVID-19).

It's made life difficult for all of us, disrupting our education, messing with our work, and affecting the people we love in all kinds of ways.

This guide offers some ideas to get you through the tough times, keep yourself safe, and protect your family and friends – especially when you need to self-isolate.

A big ask

Staying away from loved ones and being stuck at home for 10 days is a big ask for anyone – especially when you're thinking about the life you could've (and should've) had if it wasn't for this pandemic...

But who knew you could be a hero by lounging on the sofa watching box-sets, save lives by doing yoga on your bedroom floor, or protect your family simply by catching up on coursework.

Staying at home might not make you feel great – but right now, it's just about the most important thing you can do.



KEEPING YOURSELF AND OTHERS SAFE

Why self-isolate?

The best way to stop the virus spreading is by containing it – and self-isolation is key to achieving this.

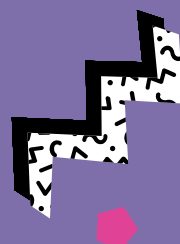
If you have mild symptoms, someone else in your house is sick, or you've been told to self-isolate by college or school, it's tempting to ask - would it really matter if I just popped to the shop, met my mates outdoors, or went for a walk?

The answer is - yes, it would.

Doing the right thing is hard, but it's worth it. It might not seem like it makes a big difference, but you're actually protecting your family, your mates, the key workers who are keeping us all going, and lots of people who could get very sick if they get infected.

Up to date information about restrictions for everyone living in Calderdale is available at www.calderdale.gov.uk/v2/coronavirus.

To find out more about COVID-19 and what you can do to keep yourself and others safe, check out the [Healthy Futures Calderdale YouTube Channel](#).



FIVE WAYS TO TAKE CARE OF YOURSELF WHEN YOU'RE SELF-ISOLATING



1. Look after your mental health

The COVID-19 pandemic is a new and uncertain time for all of us, so it's no wonder if you feel wobbly or down. But with the right help and support, you can get through this.

Remember, "quick fixes" like drugs and alcohol won't help you to relax properly. They're also bad for your physical and mental health.

Talking through your feelings and finding ways to stay connected can be helpful. If you're struggling and need some support, here are some links to help:

- **Open Minds Calderdale** provides advice, information, support and signposting to local and national emotional health and wellbeing services to help children, young people and families who are going through a difficult time.
- **Young Minds** offers guidance on taking care of yourself while self-isolating; including links to mindfulness apps and mood-boosting advice for using social media.

Young Minds Crisis Messenger offers free 24/7 support. If you need urgent help text YM to 85258.

- **Every Mind Matters** offers loads of ideas of things we can all do to look after our mental wellbeing. Check out their videos for all sorts of tips on exercise, sleep, and dealing with change.





2. Make a plan

When your normal routine is changed suddenly, it can be stressful.

Have a think about the things you want to do during isolation and plan out your time so you have something to focus on each day – whether it's binge watching a new box-set, catching up on coursework, or setting up a virtual chat with your mates. You could decide on a time to get up each day and set your alarm too!

If you're not self-isolating now, make a plan for how you'll manage if you need to later. If you sort out the basics in advance, you won't have to worry so much.

Eating well

Eating a healthy balanced diet helps give you the energy you need to keep active throughout the day, nutrients you need for growth and repair, and helps you to stay strong and healthy.

Why not try out some of **Bite Back's** cook alongs, created with young people who want to give you healthy food options!

3. Learn something new

This is a perfect time to try new things - no distractions - and there are now even more free courses online.

- **Blurt it Out** has lots of ideas for new skills you can learn, from knitting to painting and creative writing classes.
- **Future Learn** offers lots of free courses so you can develop new skills with a short course.
- **Unicef "Learn with Me"** videos from around the world of young people sharing the new skills they've learnt during the pandemic.
- **Duolingo** helps you to learn a new language or brush up on your language skills for free.





4. Get active

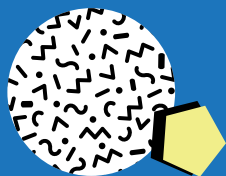

If you feel well, keep moving! Moving more is good for physical and mental health, even if you're stuck indoors.

- **This Girl Can** have loads of great videos, tips and ideas - and they're not just for girls!
- Try Youtube for free home workouts. Start with **The Body Coach**, who has over 250 free home workouts to try out on his YouTube channel.

5. Stay connected

- Keeping in touch with friends and family is important, so plan to connect with someone every day. This doesn't always have to be through social media, try ringing people or video calling to have a break from your social feeds.
- **Houseparty** is a great app you can use to connect with your friends and family, and even play a heap of fun virtual games with them
- **Rise Above** is where you will find interesting and useful stuff from the web and beyond to get us all talking about the things that matter to us. You'll find inspiring and useful stories, videos, games and advice.

And remember – you are making a difference by staying at home.





SELF ISOLATION PLANNER

Use this page to plan out your isolation routine. Remember, you can use our suggestions to help you think of ideas.

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	



Screenshot this page to create an uplifting phone background.

FIND
TIME
TO BE
KIND



WE'RE HERE!

Self-isolation support

If you (and the people you live with) need to isolate at home and are struggling to access supplies online, or have no family or friends for support, visit [Calderdale Council website](#). There are lots of volunteers who can help with food shopping, collecting medicines, or just a friendly call to check how you are.

Support available from Healthy Futures Calderdale

Our public health clinicians can offer advice and support on any physical health or emotional wellbeing concerns you have, including around COVID-19. Call 0303 330 9974.

- Message us on our ChatHealth texting service 07480 635 297.



- For specialist advice and support around drugs and alcohol, call our Branching Out team on 01422 415550.
- For specialist sexual health support, call 01422 261370.

WE'RE HERE!

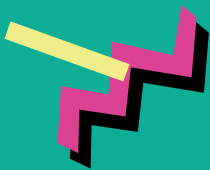
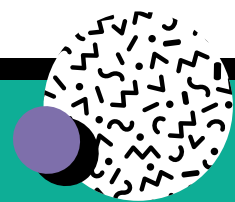
Open Minds Calderdale

Young people and parents/carers can refer into Open Minds (CAMHS) online at calderdalecamhs.org.uk/how-to-refer or by calling 01422 300 001.

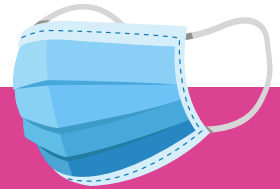
Calderdale Young Carers Service offers advice and support for young carers. Call 01422 261208.

Citizens Advice Calderdale (CAC) provide free, independent and confidential advice and information on a wide range of subjects including benefits, debt, employment and housing. Visit their [website](#) or call 0808 278 7879.

Childline can provide confidential support about any problem or concern you are facing. Call 0800 111111, or check out the [message boards](#).



SELF-ISOLATING VS SOCIAL DISTANCING



Social Distancing

is avoiding close contact with anyone you don't live with. One way to remember this is hands, face, space - washing hands regularly, wearing a face covering in enclosed public places and keeping distance from people who aren't in your household when you're out and about.

Self-isolating

is when you don't leave your home, or allow other people into your home (except in an emergency), because you have, or might have, coronavirus (COVID-19). It's also better to avoid close contact with people in your own household too.

You need to self-isolate for 10 days if anyone else in your house has symptoms or a positive test, or if you've been advised to self-isolate after close contact with someone outside your home. If you have COVID-19 yourself, you should self-isolate for at least 10 days.

If you are unsure what you can do then you can find more information [here](#).



If you want to report a breach of coronavirus restrictions then you can report it to West Yorkshire Police [online](#).



THE LOWDOWN ON SELF-ISOLATION

You need to self-isolate if...

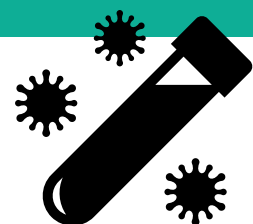
- you have any of the main COVID-19 symptoms. These are:
 - **a new continuous cough** this means: coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours. If you usually have a cough, it may be worse than usual
 - **a high temperature** this means you feel hot to touch on your chest or back. You do not need to measure your temperature
 - **a loss or change to your sense of smell or taste** this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- you or someone in your household are waiting for a test result
- you or someone in your household tests positive for COVID-19
- you're notified by NHS Test and Trace, the NHS COVID-19 app, or the place where you study or work that you've been in close contact with someone who has the virus.

While you're at school or college, it's easier to keep track of who's been in close contact. So if someone tests positive, the school or college can ask people to self-isolate to stop the virus spreading further.

- If you or anyone in your house develops any symptoms, it's important to get tested as soon as possible
- Everyone in the household should self-isolate as soon as one of you gets symptoms.

To get tested

- Visit www.gov.uk/get-coronavirus-test
- If you don't have internet access, call 119



The Feel Better brand brought to
you by the NHS in Leeds.

A large, stylized white cross with a black outline, filled with black squiggly lines and dots. It is centered behind the main text.

WE'RE HERE!



@HealthyFuturesC



Healthy Futures Calderdale



@HealthyFuturesCalderdale

Healthy Futures Calderdale

Information contributed to by
the young people of Calderdale.