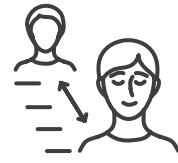
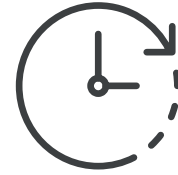


Tips to stay well



Protect yourself – stay at home (or in your garden), stay 2 metres away from other people where ever possible. Wash your hands for 20 seconds regularly, this is really important before eating and after taking in any parcels or deliveries to your home. Clean and disinfect frequently touched objects and surfaces in the home.



Try to focus on the things you can control – there are lots of things you can control such as your behaviour, developing a daily routine, who you speak to and who or where you get information from.



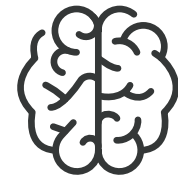
Keep active and exercise – exercise helps to keep you both physically and mentally well. This can be done in your house or garden or you can go out for exercise once a day either alone or with members of your household stay 2 meters away from other people. Try to do some exercise that builds strength and some that gets your heart beating faster.



Learn new skills – use this time to take up a new hobby, like drawing or learning a new language. You could also spend time gardening, cooking, listening to music or reading those books you have been meaning to read. Lots of library books are available to download to a kindle or mobile device- using apps such as BorrowBox.



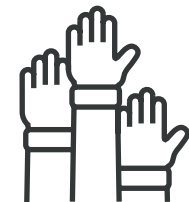
Try **not to spend too long sitting down** in the house. If you can, it is good to get up and walk around every hour.



Take notice - paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. This is sometimes called mindfulness.



Connect with other people in ways that are safe –through social media, telephone or video calls, through letters, the TV and radio. Try not to spend too much time watching or reading news of the outbreak as it can make you anxious. If you feel you are being affected then limit this to one or two times a day.



Volunteer – You don't have to be part of a wider organisation to help out in your community. Keep in contact with those around you and, observing social distancing, check that they are able to support themselves. If they need support and you can't help provide it, call the Talk Community team on 01432 260027



Keep healthy – eat healthy, well balanced meals, drink lots of water, don't drink too much alcohol. If you smoke try to quit- research into coronavirus shows that smoking can make the impact of the virus worse.



Make a plan and if you need to, ask for help – from friends and family. If there is a gap in your plan, call the Talk Community response on 01432 260027 who can put you in touch with help in your area.



Dear resident,

This is a worrying and challenging time for us all, but it is also a time to take individual responsibility to support our community, the NHS, and to save lives. Across the county, key workers continue to do essential work, while many selfless volunteers have stepped forward to support the most vulnerable in our communities. Thank you to all of you – and in particular, our wonderful NHS and amazing social care colleagues.

There are some simple steps we all need to do to protect ourselves and others. The single most important action is to stay at home- to protect the NHS and save lives.

Whilst it is clear that significant numbers of younger people have also been infected by coronavirus, those who are at increased risk of severe illness from coronavirus (COVID-19) should be particularly strict in observing social distancing measures.

This group includes those who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition (ie anyone instructed to get a flu jab as an adult each year on medical grounds)
- those who are pregnant

Those who are at increased risk can sign up to your local pharmacy delivery scheme. This will help ensure your medication supply is not disrupted.

There is a further group of medically vulnerable people that the NHS have written to. If you or a member of your family have received this letter, it is important that you register for support using the telephone number provided in the letter. If you feel you should have been on this list you can register, or ask someone to register you, on the government website: www.gov.uk/coronavirus-extremely-vulnerable

It is very important that individuals with symptoms (such as a dry, persistent cough or a fever that may be due to coronavirus) and their household members stay at home. Those with symptoms and living alone **must** remain at home for 7 days after the onset of their symptoms. If you live with others and you or one of them have symptoms that may be caused by coronavirus, then all household members **must** stay at home and not leave your house for 14 days. These steps are critical to reducing the risk of infecting others, saving lives and reducing pressure on our NHS and social care.

At Herefordshire Council, our teams are working round the clock to maintain essential services, and to ensure that the most vulnerable and at-risk residents are supported. We are working with a wide range of local organisations and partners in our Talk Community Herefordshire Covid-19 Response. If you are worried about how you might cope in the coming weeks, we are on hand to connect you with the help and support available in your community, please call 01432 260027.

I am sure that every resident of our fantastic county will also play their part and stay at home to protect the NHS, and to save lives.

Yours faithfully,

Alistair Neill

Alistair Neill, Chief Executive, Herefordshire Council

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