

Staying at home due to coronavirus

Why self-isolating and social distancing are so important, and what to do during the time spent at home

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Adapted for use in Cheshire East by

Public Health Team, Cheshire East Council

We know this this is a very worrying time for people, especially those who are at a higher risk of being affected by the coronavirus. We want to assure you that we at Cheshire East Council are doing the best we can to support you and keep everyone as safe as possible.

Cheshire East Council have produced this booklet to help reassure you, and to provide you with some ideas of how to get through self-isolation. It includes activity ideas, exercises, meditation, crosswords and puzzles, and ways in which you can help your community if you are not experiencing any symptoms or if you have recovered from the virus. We hope you find the booklet useful. Take care, and stay at home.



Cheshire East People Helping People

The coronavirus pandemic is a challenging time for everyone, but the kindness already being shown in our communities is outstanding. We want to build on this to ensure our vulnerable and isolated residents receive the help and support they need. If you would like to offer support or need help with the following;

- Shopping / gathering medical supplies
- Meal Delivery
- Advice and Guidance
- A friendly phone call
- Or another support service...

Please contact us:

Call: 0300 123 5034

or

Register online: cheshireeast.gov.uk/peoplehelpingpeople

Coronavirus is contagious.

Please take every precaution to ensure you are only spreading kindness.

Avoid physical contact (2m distance). Wash your hands regularly. Leave items on doorstep.

Government instructions to everyone

The single most important action we can all take, in fighting coronavirus, is to stay at home in order to protect the NHS and save lives.

Staying at home

You should only leave the house for one of four reasons.

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
- One form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.
- Any medical need, or to provide care or to help a vulnerable person.
- Travelling to and from work, but only where this absolutely cannot be done from home.

These measures must be followed by everyone. Separate advice is available for individuals or households who are isolating (see page 5), and for the most vulnerable who need to be shielded (you will receive a letter or text message).

The Government will be ensuring the police have the powers to enforce these measures, including through fines and dispersing gatherings. The measures will initially last for three weeks from 23 March, at which point the Government will look at them again and relax them if the evidence shows this is possible.

Other things you can do to stop coronavirus spreading

Do

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ always wash your hands when you get home or into work
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin immediately and wash your hands afterwards
- ✓ try to avoid close contact with people who are unwell

Don't

- ✗ do not touch your eyes, nose or mouth if your hands are not clean

Guidance for households with possible infection

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough **and/or** a high temperature. For most people, coronavirus (COVID-19) will be a mild illness.

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for **7 days** from when your symptoms started. (The ending isolation section below has more information)
- if you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill. See the explanatory diagram
- for anyone else in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period. The ending isolation section below has more information, and see the explanatory diagram
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- if you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period
- if you cannot move vulnerable people out of your home, stay away from them as much as possible
- if you have coronavirus symptoms:
 - do **not** go to a GP surgery, pharmacy or hospital
 - you do not need to contact 111 to tell them you're staying at home
 - testing for coronavirus is not needed if you're staying at home
- plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household
- ask your employer, friends and family to help you to get the things you need to stay at home
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999

Self-isolation explained

So why is self isolation so important?

Self-isolation is about protecting others and slowing down the spread of COVID-19. It is very important that anyone who has the virus, or might have been exposed to it, limits the number of people they come into contact with for 7 to 14 days. This is the most effective way of preventing the coronavirus from spreading.

What does self-isolating mean?

If you have been told to self-isolate, you will need to get to the place you are going to stay using your normal mode of transport, once there remain indoors and avoid contact with other people. This will prevent you from spreading the disease to your family, friends and the wider community.

In practical terms, this means that once you reach your residence you must:

- stay at home
- not go to work, school or public areas
- not use public transport like buses, trains, tubes or taxis
- avoid visitors to your home
- ask friends, family members or delivery services to carry out errands for you - such as getting groceries, medications or other shopping

What if I get symptoms/what if my condition changes?

If you have self-isolated because you have symptoms, **it's important to know that most people with COVID-19 are expected to experience only mild symptoms.**

When to use NHS 111

Only call the NHS 111 line if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

How do I get food or supplies while self-isolating?

It is fine for friends or family to drop off food for you. Alternatively, you can order by phone or online, such as through take away services or online shopping deliveries. However, make sure you tell the delivery driver that the items are to be left outside, or in the porch, or as appropriate for your home. If these options don't work, sign up to People Helping People (page 3).

I live with other people - how do I self-isolate?

It is important that you separate yourself from other people in your home and if you share facilities like toilets and bathrooms, regular cleaning will be required.

You should stay in a well-ventilated room with a window that can be opened, separate from other people in your home.

What if I have other responsibilities, such as work and taking care of family?

Unfortunately, if you have COVID-19 - or are at higher risk of being infected - we must prioritise reducing the risk of transmitting the disease to others, particularly to people who may be more vulnerable such as older people or people with health conditions.

During an outbreak, it is important that we all do everything we can to reduce the risk of further spread of the infection.

I have Carers or Nurses come into my home - what do I do?

If you need a healthcare or care visit at home during this time, inform them that you are self-isolating in advance so that they can follow their local employers' guidance.

Things to do during self-isolation

Take care of your mental health

You might be worried about coronavirus and how it could affect your life. This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing. There is lots of advice available on the Mind website (search for “Mind coronavirus and your wellbeing”), or you can try the meditation and breathing exercises suggested below.

Meditation Exercises

Meditation can help to reduce stress and anxiety, and promote emotional health. There are a number of apps you can download onto your phone such as CALM and Headspace. Alternatively there several guided meditation videos on YouTube you can access for free. Below is a basic breathing and meditation exercises that you may also find useful.

Breathing Exercise

You can do this exercise standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor. Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor. If you're sitting, place your arms on the chair arms.

- Inhale slowly and deeply through your nose. Keep your shoulders relaxed. Your abdomen should expand, and your chest should rise very little.
- Exhale slowly through your mouth. As you blow air out, purse your lips slightly, but keep your jaw relaxed. You may hear a soft “whooshing” sound as you exhale.
- Some people find it helpful to count steadily from 1 to 5 on each breath in and each breath out. You may not be able to reach 5 at first.
- Keep doing this for 3 to 5 minutes.

You will get the most benefit if you do it regularly, as part of your daily routine.

Physical Exercises For at Home

Although most people while they are self-isolating will most likely want to rest up there are some gentle exercises we can all do while at home. The following exercises require no equipment. If you have difficulty with balance or you have a high risk of falls please do not complete any exercises that may increase your risk of injuring yourself.

For these exercises, choose a solid, stable chair that doesn't have wheels. For exercises 1-5 you should be able to sit with your feet flat on the floor and knees bent at right angles. Avoid chairs with arms, as these will restrict your movement. Wear loose, comfortable clothing and keep some water handy. Build up slowly and aim to gradually increase the repetitions of each exercise over time.

1. Chest Stretch

This stretch is good for posture.

A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

B. Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5 to 10 seconds and repeat 5 times.

2. Upper Body Twist

This stretch will develop and maintain flexibility in the upper back.

A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

C. Repeat on the right side.

Do 5 times on each side.

3. Hip Marching

This exercise will strengthen hips and thighs, and improve flexibility.

A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.

B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.

C. Repeat with the opposite leg.

Do 5 lifts with each leg.

4. Ankle Stretches

This stretch will improve ankle flexibility and lower the risk of developing a blood clot.

A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

B. With your leg straight and raised, point your toes away from you.

C. Point your toes back towards you.

Try 2 sets of 5 stretches with each foot.

5. Arm Raises

This exercise builds shoulder strength.

A. Sit upright with your arms by your sides.

B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.

C. Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

6. Sideways leg lift

A. Rest your hands on the back of a chair for stability.

B. Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.

C. Return to the starting position. Now raise your right leg to the side as far as possible.

Raise and lower each leg 5 times.

7. Leg Extension

A. Rest your hands on the back of a chair for stability.

B. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom.

C. Repeat with the right leg.

Hold the lift for up to 5 seconds and repeat 5 times with each leg.

Brain Games

Keep your mind entertained by trying a puzzle or a game like Sudoku.

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4	8							
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Difficulty: moderate

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Difficulty: moderate

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POSITIVE COPING SKILLS

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| COLOR | COOK | DANCE | DO A PUZZLE |
| DRAW | EXERCISE | HUG A PILLOW | PLAY A GAME |
| PLAY SPORTS | PLAY VIDEO GAMES | READ A GOOD BOOK | RIDE A BIKE |
| SEE A MOVIE | SING | TAKE A WALK | TALK TO SOMEONE |
| WATCH FUNNY VIDEOS | WATCH TV | WRITE A LETTER | WRITE IN A JOURNAL |

Mindfulness

B C C O G N I E B L L E W R W S W
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P I L K Q X B M O E Y M R I O Y C
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F D K Y F J T U P D W C C S J S P
S S S B G C T A P S Z W Y A U E T
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accepting	attitude	awareness	barriers
compassion	feelings	focused	kind
lifestyle	love	mindfulness	nonjudgmental
personal	present	reflection	selfcare
senses	value	wellbeing	

Canned Food Recipes

Corned Beef Alaska

This is a warm and comforting dish that is really simple to make. It takes inspiration from the cottage pie, with beef and mashed potatoes at its heart. The Alaska reference stems from the mountain peaks you create with your mash.

2 x 200g tins of corned beef

Worcester sauce/Tomato Ketchup/Brown Sauce

4 x potatoes

Milk

100g grated mature Cheddar cheese

Empty the corned beef into a glass bowl and crush by hand or with a fork, and mix with a choice of Worcester sauce, Tomato Ketchup or Brown Sauce – whichever you and your family prefer. Once mixed and coated, empty both into a square baking dish and press to form a thick layer of meat.

Take the potatoes, wash, peel and cut into quarters. Add to boiling water and soften for around 25-30 minutes until soft. Drain, then add a little milk and mash.

Layer your mashed potatoes over your corned beef and shape into mountain peaks. Cover with grated mature cheddar cheese and bake in the oven for 30-40 minutes at 180°C. Cut into portions and serve with peas and gravy.

Vegetable Stew with Baked Beans (serves 4)

1 onion, 2 leeks, 2 carrots, 2 diced garlic cloves

Sweet paprika

1 tin of baked beans

1. In a large saucepan, heat diced onion and thickly sliced leeks in a little olive oil for around five minutes or until softened. Add carrots, diced into 1cm chunks, a tsp of sweet paprika and garlic, then stir and heat for five minutes.

2. Wash and peel your potatoes and add to the pan along with the vegetable stock. Bring the pan to the boil and then turn down to simmer until the potatoes start to soften. Then add half a head of cauliflower broken into florets and simmer for a further five minutes.

3. With the vegetables nearly cooked, pour in your tin of baked beans and your green beans that have been cut into 2cm pieces. Cook for a further three minutes and season well with salt and pepper before serving with a chunk of crusty bread.

Tidying and organising

We all have that job around the house that we've been meaning to get to, or that hobby we just never get round to starting, or that book we have yet to finish reading. During this period of self-isolating, now is the time to finally get those things done!

Haven't got anything on your list? Here is a brief guide below to some organisation tips you could do round the house to make your space work better for you.

1. **START SMALL!** The last thing any of us need when we're at home is to feel overwhelmed, so start a job you know you can finish the same day.
2. Take everything out of the space you're organizing (and we mean *everything*).
3. Create groupings by placing like items together so you can see what you're dealing with.
4. Pare down your belongings, getting rid of anything you no longer use or just don't like.

Day 1: Update Your Fridge

Nothing is more satisfying than an organized fridge. Start by tossing those old leftovers, checking every expiration date (including condiments), and wiping down the shelves. Next, group your remaining items into categories (Dairy, Meat / Poultry, Veggies, Fruit, Snacks, etc.) Each category should have its own designated zone in the fridge.

Day 2: Tackle a Drawer

Pick a drawer, any drawer—but preferably one that you use on a regular basis. Drawers are a manageable project that will give you a bite-sized win and streamline your routine. Use individual inserts in various sizes to contain your categories, testing multiple configurations to come up with the smartest solution for the space.

Day 3: Stop Ignoring Under-The-Sink

Most people neglect the space under the kitchen sink. But honestly? Its feelings are hurt. It never wanted to be a cave of cleaning products in the first place but yet here we are. Clear bins and turntables will offer functional solutions for containing your categories and keeping them accessible.

Day 4: Maximize Your Wardrobe Space

Have a rummage through your wardrobe and chest of drawers. Anything you haven't worn in over a year or no longer fits place in the to donate/throw away pile. If you find yourself getting sentimental try it on and see if you still actually like wearing it.

Day 5: Simplify Your Handbag

Toss all the rubbish (receipts, wrappers, etc.) and group the rest into broad

categories (wallet items, technology, cosmetics, etc.) Using clear or color-coded pouches to contain these items allows you to grab what you need without having to dig within a dark purse.

Day 6: Rearrange Your Bookshelf

Is your space feeling a little...blah? Look no further than Red, Orange, Yellow, Green, Blue, Indigo, Violet. Displaying items in rainbow order creates a visual flow that naturally clicks with the brain. Not only will it be faster to find what you're looking for, but you'll know where to put it away. This is especially the case for kids and can inspire them creatively.

Activity ideas for children

For a parent there really is no greater terror than having to entertain your kids for long periods of time. Designed by a parent, this list includes a range of activities you can do at home.

1. Read to them
2. Get them to read to you
3. Cooking and baking together
4. Build a den/have a den building competition
5. Lego and construction toys
6. Make facemasks from simple A4 paper such as pirates, aliens, cowboys, princess/prince crowns
7. Make play dough from salt, flour and water
8. Drawing and painting— still life, abstract, portraits
9. Collage making
10. Write a story or a poem together . You could even do a verbal story game. The first person starts the story with a line such as 'Once upon a time' each person then adds a word or a short sentence and the story is created from there.
11. Origami and paper planes
12. Put on a play with teddies and dolls
13. Do some breathing exercises
14. Home based exercises—create an exercise circuit in the garden.
15. Board games and jigsaws. Asks the kids to make up new rules to a board game you already own.
16. Teach them shoelaces, plaits and knots
17. Singing and Karaoke/playing instruments
18. Make instruments— i.e. drums from old boxes, a rain maker with rice and a pringles tin.
19. Basic home science experiments using ingredients like vinegar and baking soda, ice cubes and salt.

20. Make paper chain decorations from old newspaper and magazines.
21. Do a parachute game with a bed sheet and a ball in the garden/space in the house
22. Do a treasure hunt with clues to be solved
23. Create an obstacle course
24. Have a fashion show you could go through all your old clothes your not sure about keeping.
25. Have a dance party
26. Play charades/20 questions
27. Play a Disney or cartoon guessing game— a person thinks of a character the other family members can only ask yes or no questions to guess who it is.
28. Teach them a basic card game
29. Make a time capsule
30. Have an indoor camp out/picnic
31. Have an outdoor picnic in the garden
32. Create a happy thoughts jar.
33. Make bubbles with washing up liquid and water.

Activity ideas for adults

1. Watch a TED Talk on YouTube. TED talks are short informative talks on all sorts of topics. They are educational and insightful.
2. Listen to a podcast or a new audio book. There are 100s of free podcasts available on Apple and Spotify. There really is something for everyone.
3. Read a book you've had on your shelf and been meaning to get to.
4. Practice Mindfulness or do some breathing exercises
5. Call a friend for a catch up or a relative, or a neighbour. During this time of isolation it is important we all reach out and feel connected.
6. If you don't have anyone you can call, sign up to People Helping People (page 2). We can put you in touch with a volunteer to chat to.
7. Write a letter to someone. Reach out to someone in a way that doesn't happen as often anymore. Spend the time to curate a letter to someone you love.
8. Create a jar of plans or activities to do in the future when the outbreak is over.

We hope you have found this booklet useful. Take care, and stay at home.