



Northern Ireland  
Executive

# CORONAVIRUS IS SPREADING

## STAY AT HOME TO SAVE LIVES

Information for you and your family

**WE ALL  
MUST DO IT  
TO GET  
THROUGH IT**



STAY HOME



KEEP DISTANCE



WASH HANDS



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**You have a vital part to play in slowing the spread of coronavirus.**

You can save lives. You can protect yourself and your loved ones. And you can help our frontline workers.

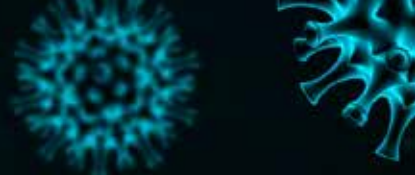
**Just by staying at home.**

It's not easy but it's so important. We understand you might feel worried, frustrated or lonely. That's why looking after your own physical and mental wellbeing is so important.

**The information and advice in this leaflet will help you get through this period.**

Keep it somewhere safe in case you need it.





## SYMPTOMS

You may have coronavirus if you have either of the following symptoms, however mild:

- a high temperature
- a new, continuous cough

If anyone in your house has these symptoms, they must stay at home for seven days. Everyone else must stay home for at least 14 days after the first person's symptoms appear. If anyone else develops symptoms during that time, they must stay home for an extra seven days after they developed symptoms.

Do not go to a GP surgery, pharmacy or hospital. If you have an underlying health condition and develop symptoms, then phone your GP.

### FOR MORE INFORMATION

You can ring **NHS 111** for information or advice.

Calling your GP is only necessary if you have:

- an existing health condition
- problems with your immune system
- very serious symptoms

Do not go to your GP surgery or emergency department without calling beforehand.

If it is a medical emergency and you need an ambulance, dial **999** and tell the operator your symptoms.

# STAYING AT HOME

Being at home for long periods can create challenges. Here are some suggestions to help you cope with them.

## Keep in touch

Stay in contact with the people who matter to you, via telephone, video calls, email, social media or even writing a letter.

## Routine, routine, routine

Get up at your usual time and plan your day. You could contact friends, cook, read, tidy, watch TV or perhaps start a new hobby.

## Talk about it

If you feel worried, scared or helpless, talking about it with others will help. You can even use the helplines listed at the back of this leaflet.

## Avoid information overload

Rumour and speculation on social media can make anxiety worse. Make sure you use trusted news sources and good quality information such as [nidirect.gov.uk/coronavirus](https://www.nidirect.gov.uk/coronavirus)

## Keep it fresh

Get as much fresh air as possible. If you can, spend time in your garden, yard or even open a window to let in fresh air.

## Keep active

Try to add physical activity into your daily routine such as cleaning or just getting up and walking about the house.

## Eat well, sleep well

Try to eat well-balanced meals and get a good night's sleep. Avoid drinking alcohol or smoking as they can contribute to poor mental health.



## CHILDREN

Most children have already heard about coronavirus, and their reactions to it may mirror your reactions.

- Take time to talk with your child about coronavirus. Try to answer their questions in a way that is appropriate to their age.
- Reassure them that they are safe and teach them healthy ways to manage anxiety, so they can learn how to cope.
- Limit their exposure to news coverage, including social media, if you feel that the updates are getting too much.
- Stick to regular routines as much as possible. Draw up a plan for the day that includes learning and fun activities.

## SCAMS

### Protect yourself from scams

Be aware of scams exploiting the coronavirus crisis. These scams could take many forms. It may be dishonest offers to do your shopping for you, free payments for those in financial need, travel or health insurance, tax rebates from HMRC, or fake emails for free school dinner vouchers.

Information on staying safe from scams is available from **Consumerline**, the **ScamwiseNI Facebook** page or [nidirect.gov.uk/scams](https://nidirect.gov.uk/scams)

## HELPING OTHERS



For most people, coronavirus causes mild symptoms. For others, such as older people and those with underlying medical conditions, it can be more serious. It's important we all look out for family, friends and neighbours who may need us.

You can help by:

- doing their shopping or collecting prescriptions
- delivering a newspaper or magazine
- staying in contact to help reduce feelings of loneliness.

### Stay safe

When supporting others, it is important you help safely.

- Wash your hands often and for 20 seconds.
- Stay at least two metres away from people you're helping.
- Do not go inside the homes of anyone you do not live with, especially people who are vulnerable or self-isolating.

## VOLUNTEERING

If you want to help in your local community, the **#HelpEachOther** campaign from Volunteer Now can help you do it: [volunteernow.co.uk](https://www.volunteernow.co.uk)

## COVID-19 COMMUNITY HELPLINE

If you have been advised by your GP to 'shield' for 12 weeks, are an older person or vulnerable, you can contact the freephone COVID-19 Community Helpline. You will get advice and access to lots of support services, including food, medication or emotional support.

Freephone: **0808 802 0020** (7 days per week, 9am–5pm)

Email: **Covid19@adviceni.net** Text: **ACTION to 81025**



## ADVICE AND SUPPORT

Get the most up-to-date information on any government services affected by coronavirus at:

**[nidirect.gov.uk/coronavirus](https://nidirect.gov.uk/coronavirus)**

### BENEFITS

If you currently receive benefits, you will continue to receive your payments and are excused from signing.

If your employment has been affected by coronavirus, find out about benefits including Universal Credit at:

**[nidirect.gov.uk/coronavirus](https://nidirect.gov.uk/coronavirus)**

### RURAL SUPPORT

For help and support for farmers and rural families go to:

**[ruralsupport.org.uk](https://ruralsupport.org.uk) or freephone 0800 138 1678**

### LIFELINE

If you or someone you know is in distress or despair Lifeline are there to help 24/7 on freephone **0808 808 8000**. And visit **[mindingyourhead.info](https://mindingyourhead.info)** for more advice on mental health.

## SUPPORT FOR BUSINESSES AND EMPLOYEES

**[nibusinessinfo.co.uk](https://nibusinessinfo.co.uk)**

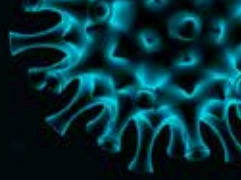
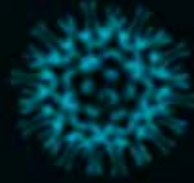
Get business support, advice and guidance including financial support schemes, policy information and help with managing current challenges at: **[nibusinessinfo.co.uk/coronavirus](https://nibusinessinfo.co.uk/coronavirus)**

### INVEST NI

Find business continuity programmes, advice and support covering strategy, finance, people, operations and innovation at: **[investni.com/covid19response](https://investni.com/covid19response)**



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## **MEDICAL INFORMATION AND ADVICE**

More help and advice is available from these organisations.

### **DEPARTMENT OF HEALTH**

Download the Covid-19 NI app for the latest information and advice. Search for Covid-19 NI in your app store.

### **NHS**

You can ring **NHS 111** for information or advice and they will help you decide if you need to contact your GP.

### **PUBLIC HEALTH AGENCY NI**

Get the latest health information and advice at:  
**[pha.site/coronavirus](https://pha.site/coronavirus)**

### **GP**

Only phone your GP if you have an underlying health condition and develop symptoms, if you feel you cannot cope with your symptoms at home, or if your condition gets worse.

To protect yourself and others, do not go to a GP, pharmacy or hospital if you feel unwell.

### **NIDIRECT**

**[nidirect.gov.uk/coronavirus](https://nidirect.gov.uk/coronavirus)**

If you need this booklet in a different format such as audio, larger print, or in another language, please contact:  
**[communications@executiveoffice-ni.gov.uk](mailto:communications@executiveoffice-ni.gov.uk)**