

Coronavirus – Mental Health and Self-Isolation

This guidance is for people with confirmed or possible coronavirus (COVID-19) infection who may be required to stay at home – some key messages are below;

- Try to avoid speculation and look up reputable sources on the outbreak – rumour and speculation can fuel anxiety and having access to good quality information about the virus can help you feel more in control.
- Don't judge people and avoid jumping to conclusions about who is responsible for the spread of the disease – the Coronavirus can affect anyone, regardless of gender, ethnicity or sex.
- Try to manage how you follow the outbreak in the media – there's extensive news coverage about the outbreak, if you find the news is causing you huge stress. It's about finding the right balance, as you don't want to avoid all the news as its information and educating yourself, but limit the intake where possible.
- Follow hygiene advice regarding hand-washing; sneezing; sanitizing where possible either if you've contracted the virus or not.
- If you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started – this action will help protect others in your community whilst you are infectious.
- You do not need to call NHS111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999
- For people that are in self-isolation or are in quarantine, this may seem like a daunting prospect – it will help to try and see it as a different period of time in your life and focus on how you get through – take small steps. .
- Keep positive, it's just a different rhythm of life – it's a chance to keep in touch with family and friends in a different way than usual. Keep in regularly contact, either by social media, email or on the phone, as these are still good ways of being close to the people who matter to you.
- Create a daily routine that prioritises looking after yourself – try reading more or watching a movie, having an exercise routine, trying new relaxation techniques, or finding new knowledge on the internet.
- Try and rest, it's important to sleep well and view this as a new if unusual experience that may have some benefits of re-charging the batteries.
- Ensure any wider health needs are being looked after such as having enough prescription medicines available to you.

Tips for Staying at Home

Do	<ul style="list-style-type: none">• Eat well – fresh and healthy produce if possible• Drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms• Try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions• Plan ahead and ask others for help to ensure that you can successfully stay at home.• Ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them, ask them to knock and leave on the doorstep.• Sleep alone if that is possible• If coughing, use tissues and bin them immediately• Regularly wash your hands with soap and warm water for at least 20 seconds• Stay away from older people and those with long-term health conditions
Avoid	<ul style="list-style-type: none">• Do not have visitors (ask people to leave deliveries outside)• Do not leave the house, for example to go for a walk, to school or public places

Urgent advice - use the NHS 111 online coronavirus service if:

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

Keep Healthy and Alert

For some people self-isolation can be boring or frustrating. You may find your mood and feelings being affected and you may feel low, worried or have problems sleeping.

There are simple things you can do that may help, such as staying in touch with friends and relatives or work colleagues on the phone, by facetime or other social media to talk to them about how you feel, your situation etc.

Read a book, an audiobook or take some time to de-stress by meditating for at least 10 minutes in a quiet place.

Carry out a Mood Self-Assessment – [click here](#)

Listen to some Mental Wellbeing Audio Guides – [click here](#)

Stress Management advice – [click here](#)

Keep Active - [click here](#)

Eat a balance diet – [click here](#)

**For further information contact the
BPIF Health & Safety Team**

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