HOW TO LOOK AFTER MYSELF - *AND OTHERS-* WHILE I'M AT HOME
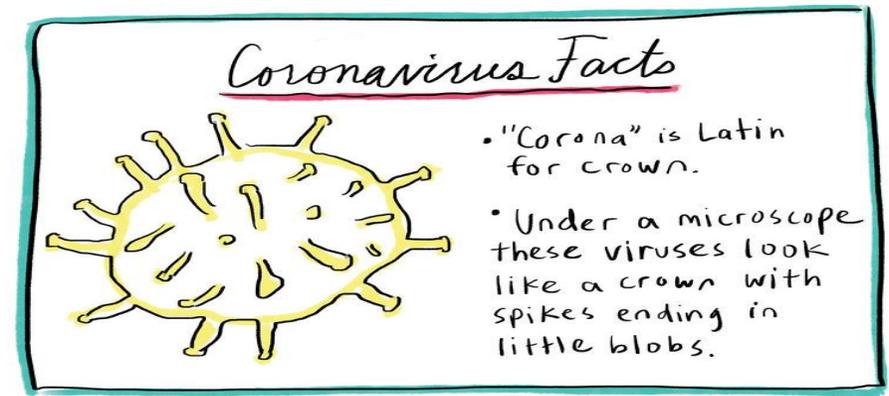
24.03.2020

COVID-19 FACTS AND SUPPORT
CHELTENHAM EAST PS

ABOUT COVID-19

Coronavirus Facts
- "Corona" is Latin for crown.
- Under a microscope these viruses look like a crown with spikes ending in little blobs.

What is Coronavirus?

- Coronaviruses are a large family of viruses that cause respiratory infections. These can range from the common cold to more serious diseases.

- COVID-19 is the disease caused by a new coronavirus. It was first reported in December 2019 in Wuhan City in China.

Why is this one a global concern?

- This strain is very fast spreading.

- This strain can cause respiratory issues, making it difficult for some people to breathe.

- Some groups are particularly vulnerable. This includes elderly people and people with other medical issues.

- It has very quickly impacted many countries around the world.

- **Most people that get it experience mild symptoms**, but for a small percentage they can end up in hospital. This has put huge strains on many health care systems around the world.

ABOUT COVID-19
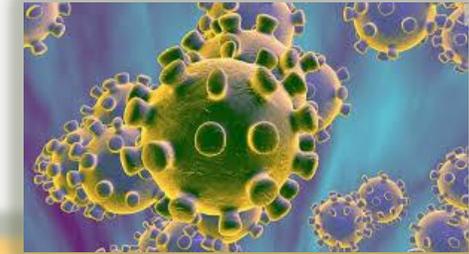
How is it spread?

- COVID-19, like the flu, can be spread from person to person.

- When a person who has COVID-19 coughs, sneezes or talks, they may spread droplets containing the virus a short distance, which quickly settle on surrounding surfaces.

- People may get infected by the virus if you touch those surfaces or objects and then touch your mouth, nose or eyes, this is why we have to keep washing our hands and stop touching our face.

What are the symptoms?

Many people experience these symptoms differently. But the main symptoms are:

❖ **Fever, Coughing, Difficulty Breathing & Sore throat**

*If people have these symptoms, they may not have the virus- but it is a good idea to see a healthcare practitioner.

Australia is coming in to Cold and Flu season so it could also be these illnesses.

1800 020 080 is the hotline to call if there is concern about symptoms.

https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert

WHY DO I NEED TO WASH MY HANDS?

- COVID-19 is spread by infected droplets (from people coughing, sneezing and talking) and you can pick these up just by touching surfaces.

What is the best defence against all of those germs?

PLAIN OLD SOAP and WATER

Soap annihilates viruses, by breaking them down and killing them.

- Washing your hands for **20 seconds** with soap is ideal.

- If not use an alcohol based hand sanitiser.

- This is a great clip to watch to explain how soap works to kill viruses.

- https://www.youtube.com/watch?v=-LKVUarhtvE

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

World Health Organization
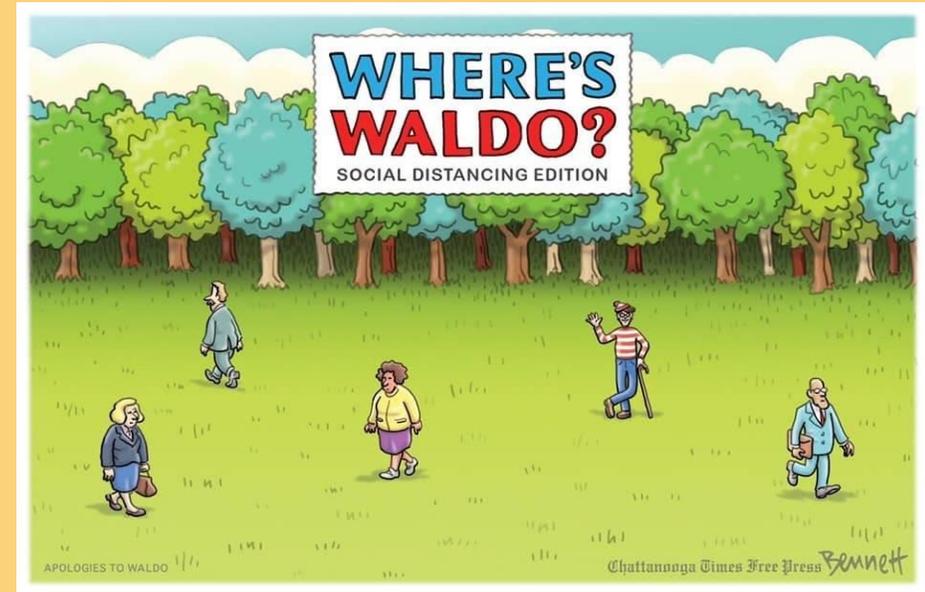
SOCIAL DISTANCING

Social distancing is very important in preventing disease spread.

This means:

- Staying 1.5 metres away from others.
- Staying home as much as possible.
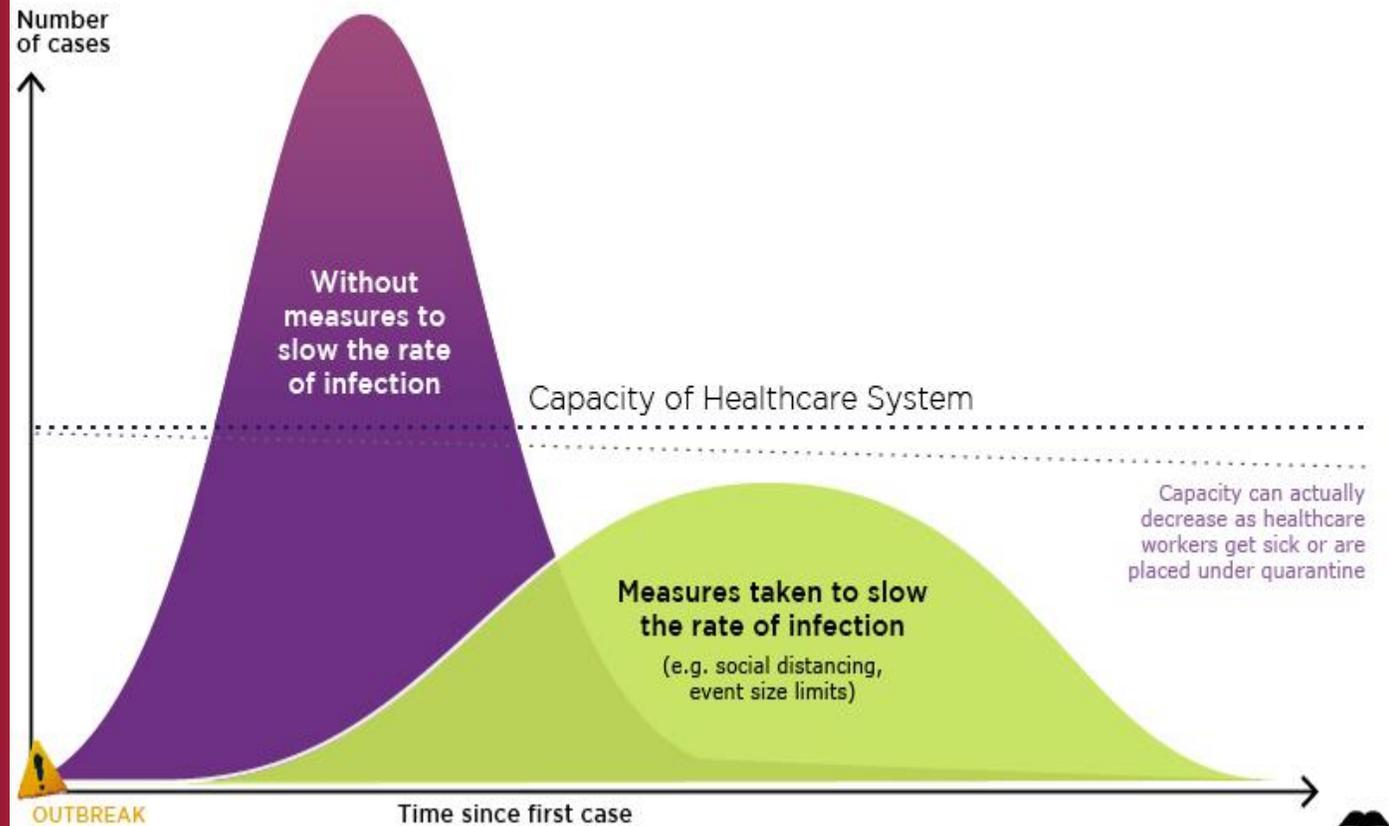- Avoiding public places and crowded areas.

Why is this SO important?

- We are ALL in this together.
- Many people may have the virus and be unware so we need to make sure they do not spread this.
- We also want to limit the amount of new people that contract the virus, especially those that are vulnerable- this many include your grandparents, family and friends.
- The less time we all spend around others, minimises the chance of the disease spreading.
- This is SO important so our healthcare system can help those that need it most.

"FLATTENING THE CURVE"

Flattening the COVID-19 Case Curve

Number of cases

Without measures to slow the rate of infection

Capacity of Healthcare System

Capacity can actually decrease as healthcare workers get sick or are placed under quarantine

Measures taken to slow the rate of infection
(e.g. social distancing, event size limits)

OUTBREAK

Time since first case

Source: Adapted from Drew Harris, CDC

- If we all help out and practice social distancing, we can stop our healthcare system getting overloaded and we can 'flatten the curve' of the virus spread.

- This means not having too many people sick and in hospital at once.

- This saves MANY lives as hospitals will have enough resources to help everyone ☺

- **Being 'young and healthy' is not an excuse to not practice this, as we need to look after everyone!**

WHAT CAN I DO TO STAY POSITIVE?

- **Looking after your mental and physical health and wellbeing is very important at the moment.**

Things that may be helpful:

✓ Not watching too much of the news or social media, get a healthy balance. Switch these off if you are overwhelmed.

✓ Remember that this is all temporary and soon will be over

✓ Exercising- at home, or walks with your pet or family member.

✓ Get outside, even in your backyard every day. Fresh air and sunshine are mood boosters.

✓ Eating Well- this will help your mood.

✓ Maintain a practical and calm approach- follow the health advice given and control the things you can.

✓ Don't stay up too late and make sure you get enough quality sleep

WHAT CAN I DO TO STAY POSITIVE?

Things that are helpful:

✓ Keep in contact with friends & family via technology. Check in regularly.

✓ Do something nice for someone else.

✓ Know that it is OK to feel worried or stressed, acknowledge your feelings, but then try and focus on positives.

✓ Use your time to practice a new skill or get on top of some school work that you need to.

✓ Read books, listen to podcasts, watch a new series.

✓ Be creative and find new ways to keep yourself busy - puzzles, games, cook, bake, write letters,

✓ Be thankful for and look to the people that are helping the situation (health care workers, police, pharmacists, people practicing kindness) there are lots of fantastic people doing their best to keep us safe at the moment.

WHAT CAN I DO IF I'M FEELING WORRIED?

Worry is very normal, and it's okay to feel this way but try and keep it in perspective.

Some strategies to help you if you are feeling worried or anxious:

- Talk to someone you trust.

- Write down your feelings, but also write down some things you can do that may be helpful.

- **Maintain your day-to-day activities and a routine as much as possible.** Having a healthy routine can have a positive impact on your thoughts and feelings. Go back to basics: eating healthy meals, physical exercise (e.g., walking, stretching, running, cycling), getting enough sleep and doing things you enjoy. Even if you're in self-quarantine, or working from home, there are many ways to develop new routines and stay healthy.

- Read 'Good News Updates' and stories and remember to not believe everything you read on social media.

- Make sure you get information from credible sources. (W.H.O, Australian Govt. etc.)

These are some great resources:

https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak?utm_idnt=

https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety

LOOK TO THE THINGS YOU CAN CONTROL

Remember:
We feel worried when we feel like we lose control.

Focus on the things you CAN control and you will feel much better.

REFERENCES & RESOURCES

- https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak?utm_idnt= (A great fact sheet from Beyond Blue)

- https://www.theguardian.com/lifeandstyle/2020/mar/17/silver-linings-how-to-stay-positive-during-the-coronavirus-crisis (An article on how to stay positive)

- https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus (A comic explaining the virus)

- https://www.who.int/ (All the latest updates- believe this! Not Social Media)

- https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert (Australian Government Health Updates)

IF THERE IS AN EXTENDED TIME AT HOME – AND REMOTE LEARNING BEGINS…USE A TIMETABLE TO MAINTAIN FOCUS

- **Preparation:**

- Set up a dedicated learning space

- Ensure you have all of your passwords, equipment etc. needed, login to Google Classrooms

- Create a schedule for your day that reflects your school timetable – the Remote Learning school timetable will be released (if required) just before Term 2 begins

- Give your parents your phone between 9am and 3.30pm

- **Participation**

- Give every activity your teachers set a go

- Actively engage in the school timetable each day

- Be creative about participating in extra curricular activities too.

- Remember physical exercise, music practice, drawing, reading, cooking and playing board games are great activities to do to ensure you get a break from screen time.

Responsibility

- Show your parents/carers respect, this is going to be challenging for them too.
- Show empathy for others – everyone deals with challenging situations in different ways.
- Ensure all of your online communications are respectful.

Punctuality

- Ensure your work is completed and submitted to your teachers on time.
- Ask questions early if you are unsure of what a task is requires
- Keep a normal school day routine. Get up and get dressed in the morning and go to bed at your normal time.

Purpose

- You will need resilience to keep yourself on task each day, but the benefits will pay off. It will be very hard to return to the routine of school if you go in to extended holiday mode.
- Try to learn something new each day.