

## How to look after your physical and mental health at home

- Do light exercise at home – put together a timetable to give structure to your day
- Stay in touch with family and friends with phone calls, video calls or on social media
- Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. Avoid smoking or drugs, and try not to drink too much alcohol
- Try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- Stick to the facts – trusted sites include GOV.UK, NHS website and the Council's website
- Do what you enjoy, continue with hobbies at home
- Maintain regular sleeping patterns
- People often find writing a diary can improve their mood, this could be a traditional written diary or pictures or poems



If you require any support from Sandwell Metropolitan Borough Council please visit our coronavirus webpage or ring our helpline:

**[www.sandwell.gov.uk/coronavirus](http://www.sandwell.gov.uk/coronavirus)**  
**0121 569 2266**

# 'SHIELDING' FROM CORONAVIRUS

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**Have you received a letter from the NHS saying you are "risk of severe illness if you catch Coronavirus"?**

**The letter will have asked you to stay at home at all times and avoid any face-to-face contact for at least 12 weeks.**

**If you have received this letter then this leaflet will help you stay safe and well.**

If you think you have developed symptoms of COVID-19 such as a new, continuous cough or fever, seek clinical advice using the NHS 111 online coronavirus service or call NHS 111. Do this as soon as you get symptoms. In an emergency, call 999 if you are seriously ill. Do not visit the GP, pharmacy, urgent care centre or a hospital.

## What is Shielding?

It's how you can keep yourself safe from coronavirus if you have a health condition that makes you vulnerable if infected.

You are strongly advised to stay at home at all times and avoid any face-to-face contact for a period of at least 12 weeks.

You need to:



Strictly avoid contact with someone who is displaying symptoms of coronavirus.



Not to leave your house



Not to attend any gatherings



Not go out for shopping, leisure or travel and, when deliveries, these should be left at the door to minimise contact.



Keep in touch using remote technology such as phone, internet, and social media.

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## How do I shield if I live with people?

In shared spaces, such as kitchens, bathrooms, or living rooms: try to limit your time in these spaces and open windows a little where you can, so shared space is ventilated.

- Try to stay three steps (two metres or six feet and six inches) away from people you live with and sleep in a different bed if you can.
- In the bathroom, shower or have a bath before friends and family who aren't classed as vulnerable, and don't share towels or hand towels.
- In the kitchen, use separate tea towels for drying your dishes and utensils, and, if possible, eat in a different area or room to the people you live with.

**For more information search online for  
“coronavirus shielding”**

