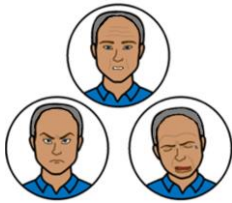


Taking care of yourself in isolation

How you might be feeling about COVID-19



You may feel many emotions now

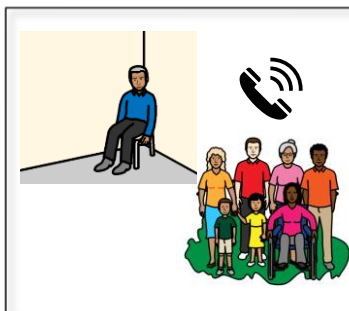


You may feel worried about yourself and your friends and family



You may feel confused. You may not know what to do to take care of yourself properly while having to stay home

How to cope



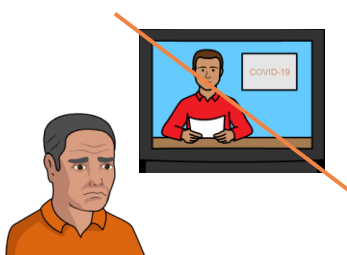
Speak to your friends and family. Let them know if you are lonely



If you have a mobile phone with internet, a tablet or computer, you can phone or 'video call' friends and family. A 'video call' lets you see the person you are calling



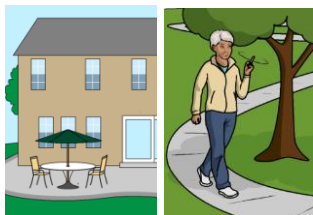
You can use Skype, WhatsApp, Messenger, Viber to 'video call'



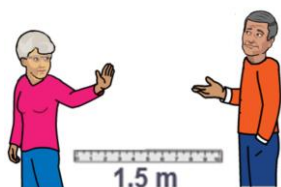
It is important to know what is happening about COVID-19 but do not spend too much time watching the news or reading the newspapers

If you are getting stressed turn off the news for a few hours

Staying healthy



Get fresh air every day
You can sit in your garden or go for a short walk

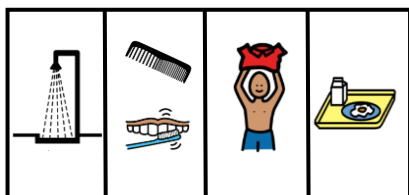


Stay at least 1.5 metres away from other people when you are walking. This is the length of two arms



Try to eat fruit, vegetables, and healthy food
Try new recipes to keep you busy

It is important to have a routine



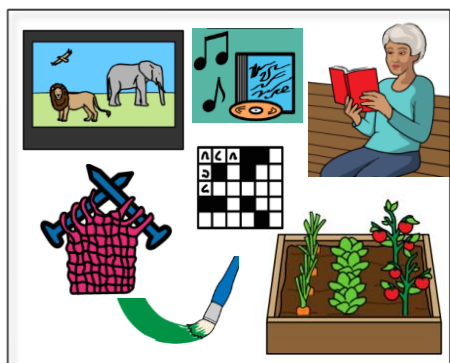
This includes waking up, washing, brushing your hair and teeth, getting dressed and having breakfast at regular times



Eat regular meals



Try to get 7 - 8 hours of sleep every night



Include things that you enjoy in your routine like walking, watching TV, listening to music, sewing, knitting, doing puzzles, gardening, reading books, exercising, painting or anything else you enjoy



Include time in your day to phone, text or write letters to friends and family

Be careful of scammers



A 'scammer' is someone who is trying to trick you. There is no cure for COVID-19. Do not pay for anything claiming to be a cure.

Do not open attachments or click on any links from people you do not know. Just press delete. Do not give your bank or credit card details to anyone you do not know. If you think you have been 'scammed' contact your bank.

Always check the Department of Health website for true information about COVID-19.

<https://www.dhhs.vic.gov.au/coronavirus>

Asking for help



Ask for help when you need it. Speak to your friends and family



You can speak to your doctor about how you are feeling. You can also speak to any service that is caring for you



You can call a helpline. A 'helpline' is a telephone service that can help people who need it. BeyondBlue and Lifeline are helplines. They can help you if you need it



If things seem too much, you can call BeyondBlue on **1300 22 4636**.

You can also ring Lifeline on **13 11 14**. They can support you if things seem hopeless.

You can call these helplines at any time



If you need an interpreter  call **131 450** and ask to talk to Lifeline or Beyond Blue