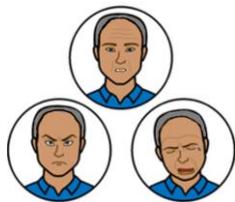# Taking care of yourself in isolation

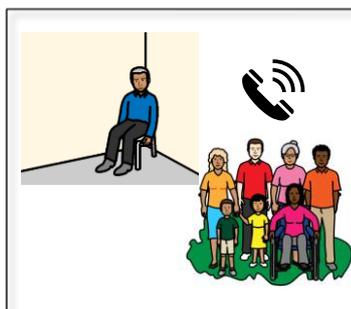## How you might be feeling about COVID-19

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
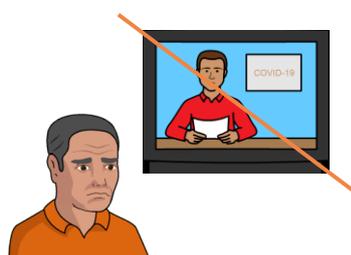
## How to cope

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
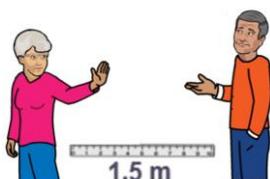
## Staying healthy

Get fresh air every day

You can sit in your garden or go for a short walk. In Greater Melbourne and Mitchell Shire you can exercise outside for one hour.

You must wear a mask when you go outside unless you have a medical condition where you cannot wear one.
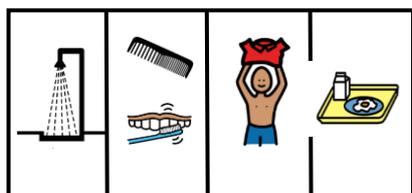
Stay at least 1.5 metres away from other people when you are walking. This is the length of two arms

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

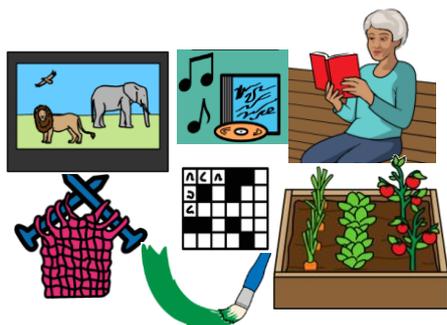## It is important to have a routine

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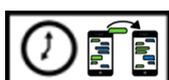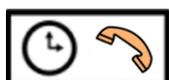
Eat regular meals

Try to get 7 - 8 hours of sleep every night

Do things you enjoy like walking, watching TV, listening to music, sewing, knitting, doing puzzles, gardening, reading books, exercising, or painting

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 thing 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