

Community Paediatrics Oxford

Staying safe (and sane!) during isolation for Covid19

- **Preventing spread of the virus**

- On 23rd March, a state of national emergency was declared.
- We should now not be leaving our homes, except for essential shopping, to attend to medical needs, to care for others deemed vulnerable or to travel to/from work (if absolutely not possible to work from home)
- Children should not be in contact with those aged over 70 years or with chronic health conditions
- If you are out of your home, you must not be with more than one other person and must stay 2m (6.5ft) away from all others
- Wash hands frequently with soap & water for 20 seconds, or use hand sanitiser
- Catch coughs and sneezes with disposable tissues then throw them away (& wash your hands!)
- If you don't have a tissue then use your sleeve
- Avoid touching your eyes, nose and mouth
- NHS England will write to those deemed 'vulnerable' as they are now advised to engage in 'shielding':
 - Stay at home at all times and avoid any face-to-face contact with family / friends / visitors, for a period of at least 12 weeks
 - Visits from people who provide essential support to you such as healthcare, personal support with your daily needs or social care should continue, but carers and care workers must stay away if they have any of the symptoms of coronavirus (COVID-19).
 - Your household contacts should only leave home to shop for basic necessities, access any medical services, attend care duties for the vulnerable, travelling to/from work (if they absolutely cannot work from home), and to do once daily exercise
- Those with learning disability, and no physical health needs are not deemed as being at more risk of catching the virus than anyone else

www.nhs.uk/conditions/coronavirus-covid-19/

- **Be prepared**

- Let your neighbours know that you are self-isolating – exchange phone numbers or link up via social media
- Ask family / friends to do your shopping and collect your prescriptions; they can leave them on your doorstep and phone / text you to let you know it is there
- Ensure you have enough food and medication (including specialist feeds and oxygen, if applicable) to last 2 weeks and plan online delivery shops at least 1 week in advance
- You may be eligible for additional support (Covid19 Government 'vulnerable' list)
- Buy some stamps and ask a neighbour to post letters for you

- **Keeping active – physical**

- Try to move around the house for a few minutes each hour
- Stretches can be done whilst sat in a chair
- Remember that gardening and housework are good forms of exercise too!
- Continue your home exercises as advised by your physio (if applicable)
- Don't over-do it!

- **Keep yourself occupied**

- Keep up-to-date with the news
- Why not learn a new skill, such as chess or learn a new language?
- Contact a friend or family member that you've not spoken to in a while and catch up

- Draw and explore your family tree
- Why not write to friends and family and let them know you're thinking of them?
- *Try a virtual excursion:*
 - Edinburgh Zoo www.edinburghzoo.org.uk/webcams
 - Visit the British Museum in London to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies: <https://britishmuseum.withgoogle.com>
 - Tour Yellowstone National Park: www.nps.gov/yell/learn/photosmultimedia/virtualtours
 - Explore the surface of Mars on the Curiosity Rover: <https://accessmars.withgoogle.com>
 - Visit the Louvre museum: <https://www.louvre.fr/en/visites-en-ligne#tabs>
 - Visit the Great Wall of China: <https://www.360cities.net/image/great-wall-of-china>
 - Canadian site FarmFood 360 Canada offers 11 virtual tours of farms from minks, pigs and cows, to apples and eggs: <https://www.farmfood360.ca>

- **5 ways to stay happy**

- Connect with other people – by letter, email, phone, text, or social media
- Be physically active (within your own capabilities)
- Learn a new skill
- Give to others – acts of giving and kindness can help improve your mental wellbeing
- Pay attention to the present moment (mindfulness) – take time for yourself to think about your thoughts and feelings, your body and the world around you

www.mind.org.uk

www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing

www.smilingmind.com.au

- **Keeping children occupied**

- Talk to your children about what is happening:
 - Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>
 - Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children>
 - Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus>
- Make a rainbow picture and put it in your window for others to see
- Keep children up to date with the world around them: www.bbc.co.uk/newsround
- Stay active with online videos:
 - Cosmic Yoga www.youtube.com/user/CosmicKidsYoga
 - Go Noodle www.youtube.com/user/GoNoodleGames
 - Live PE work out with Joe Wicks www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ
- Check out learning & activity websites:
 - Engage in The Great Indoors with the Scouts UK with over 100 stay-at-home activities to help kids learn new skills www.scouts.org.uk
 - <https://busytoddler.com/2020/03/indoor-activities>
 - Play games and learn all about animals: <https://switchzoo.com>
 - Math and reading games: <https://www.funbrain.com>
 - Key Stage 1 Maths, English & PE: www.bbc.co.uk/teach/supermovers
 - 300,000 + FREE printable worksheets from toddlers to teens: <https://www.123homeschool4me.com/home-school-free-printables>
 - Geography and animals: <https://kids.nationalgeographic.com>
 - Kids books read by famous people: <https://www.storylineonline.net>

- Crafts, activities, mazes, dot to dots: <https://www.allkidsnetwork.com>
 - Fun games, recipes, crafts, activities: <https://www.highlightskids.com>
 - Online history classes for all ages pre-teen through to adults: <https://school.bighistoryproject.com/bhplive>
 - Digital archive of history: <https://www.bunkhistory.org>
 - Daily free science or cooking experiment to do at home: <http://www.clubscikidzmd.com/blog>
 - Interactive video earth science based curriculum supplement: <https://www.everyday-earth.com>
 - Illustrated recipes designed to help kids age 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, maths and science. <https://www.nomsterchef.com/nomster-recipe-library>
 - Kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art. <https://artsology.com>
 - NASA initiative covering a wide range of topics including weather, climate, atmosphere, water, energy, plants and animals. <https://climatekids.nasa.gov>
 - Innerbody explores the 11 body systems in depth with interactive models and detailed explanations, this website will help them learn more about the internal mechanics of the amazing human body <https://www.innerbody.com/htm/body.html>
- **Advice for parents of children with Special Educational Needs**
 - National Autistic Society – guidance and helpline for parents’, young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)
 - Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>
 - Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
 - Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove>

If you are unwell please contact your GP or 111; in an emergency call 999

Please note, the information contained in these sheets are suggestions only. We accept no responsibility for the content of listed websites.