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|  | **Coronavirus (Covid-19)**  **Things to do if you are staying at home** |
|  | If you have a **learning disability** and **health conditions**  To keep you well from Coronavirus  You should **stay home** and away from busy places **as much as you can** |
|  | Some people have been told to **stay at home** and not go out at for 14 days  Because they may have the virus or know someone who has |
|  | Daycentres, drop-ins and groups are closed  Cinemas, Pubs and Libraries are closed too |
|  | Here are some things you could do while you are staying at home |
|  | **Talk to people**  Talk to someone every day |
|  | Phone or text a friend or family |
|  | Use Facebook or FaceTime to talk to your friends or family |
|  | Use WhatsApp to video chat send a message or pictures with friends.  A group of friends and family can talk on WhatsApp. |
|  | Skype your friends or family |
|  | Use FaceTime, Skype, WhatsApp to  have a coffee and a chat with friends, you could listen to music together. |
|  | Ask a support worker to phone you |
|  | **Things to do** |
|  | Word searches |
|  | Read a book |
|  | Colouring and art |
| C:\Users\JaneViner\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\83BA5EEF.tmp | **Gig Buddies**  **Coronavirus Fest**  Live music and acts to keep us all entertained  <https://www.facebook.com/coronavirusfest/> |
|  | Listen to the radio and music |
|  | Watch, television and films |
|  | Play games |
|  | **Exercise** |
|  | Exercise in your house  Go up and down the stairs  Use food tins as weights |
|  | Dance to music |
|  | Take part in Joe Wicks online fitness class each morning on YouTube |
|  | Go for a walk, by the Sea or in a Park  **You need to keep distance from other people** |
|  | **Food Shopping** |
|  | * Can you ask someone to get food for you, or have it delivered?   Big, supermarkets have **quiet times** just **for people with learning disabilities,** older people and people with health conditions. |

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|  | * **Medication** * Make sure you have enough medication, or a way to get it.   Some chemist will deliver to your door if you ask them. |
|  | * **Make a plan** |
|  | * Make a list of things to do and people to talk to |

Adapted from:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#PlanForStayingAtHomeOrIndoors>

**Based on easy read information from Brighton and Hove Council and adapted for West Sussex residents.**

Things are changing very quickly so if you can, phone services to check the information in this leaflet is correct.

In addition, the information does not constitute a recommendation or endorsement of any organisation, resource or website listed.

