How are you?
Working in health and social care during a coronavirus epidemic?

Feeling scared? Uncertain? Angry?
We’re all used to saying a cheery “not so bad” and carrying on. Things may have felt pressured for some time - but Covid-19 has supercharged that. Many staff members feel scared for themselves and their families.
Here’s some ideas to stay physically and mentally fit during this tough time.

You can get the facts:
www.nhs.uk/conditions/coronavirus-covid-19/
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Looking after your physical well being
If you develop symptoms.
If you develop a constant new cough, or a temperature more than 37.8, then you should go online to NHS 111 to get further advice. If you live alone you will need to self-isolate for 1 week. If you feel that you are getting worse check 111 online again. If you live in a household, the entire household will need to self-isolate for 14 days.

Looking after your mental well being
Here’s where to get more help: www.code.llttf4.com/

Free access code: nhsstaff

Other resources on the site:

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