

# How are you?

## Working in health and social care during a coronavirus epidemic?

full access for FREE  
for all NHS workers  
and their families at  
[www.code.lltff4.com](http://www.code.lltff4.com)

### 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.

#### SELF CARE / MEDICATION

Take prescribed medication regularly. Watch for internet scare stories about meds. Quit or cut smoking.

#### DIABETES

Get right on top of control. Keep fit. Beware snacking/drinking. Type 2 diabetes- try to maintain an ideal weight, and get physically fitter.

#### TAKE THE OPPORTUNITY

Get home when you can. Play with children. Pass on a joke.

#### KEEP CONNECTED

Internet. Phone / video call. Be efficient, make a WhatsApp group of key friends and family. Keep in touch with elderly relatives.

#### KEEP PROTECTED

Get your PPE right every time. Slow down removal when you're tired. Ask a colleague to help you get it right. Use the best equipment you can get. Not got the right PPE? Shout about it to your managers.

#### FACING DIFFICULT DECISIONS?

Work to existing or new protocols. Focus on the people you are saving. Make those you can't comfortable.

#### RECHARGE THE BATTERIES

Get a good nights sleep. Or catch the ZZZ's when you can.

#### DON'T BELIEVE EVERYTHING YOU HEAR

Too much social media? Cut down on the news.

#### MAKE THE MOST OF THINGS

Sit by an open window and let the sun in. Listen to music. Consider Vitamin D supplements.

#### WATCH YOUR ALCOHOL

Sensible drinking. Watch your caffeine.

#### PROTECT THOSE AT HOME

Wash wash wash. Keep in touch a lot if you can't get home.

#### SLOW DOWN AND BE

Mindfulness. Staying mentally fit.

#### WATCH YOUR HANDS

Break the cycle of mouth touching. Fold your arms. Sit on your hands. Play a game - shout out if someone's hands go near their face.

#### LIVING WITH UNCERTAINTY

Remember you can cope with anything if it doesn't last for ever. There will be a solution even if we don't know what it is yet.

#### YOUR'RE ALL IN THIS TOGETHER

Support each other. Say thank you to colleagues and your team. Remember the public support.

#### PHYSICALLY

Keep as fit as you can. Eat as healthily as possible. Consider using NHS times in shops.

#### MANAGE HOW YOU FEEL

Slow down. Focus on the task at hand. Don't be distracted by anger, anxiety or guilt.

**You can get the facts:**

[www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

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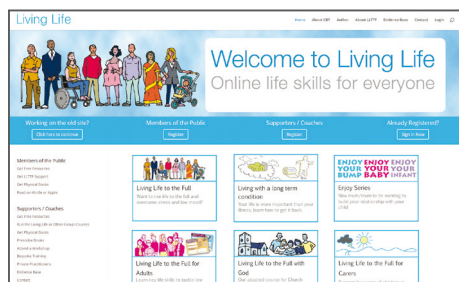
## Looking after your physical well being

### 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/](http://www.code.llttf4.com/)



## Free access code: nhsstaff

Health and social care staff and their families.  
Valid until June 30th 2020.

### Other resources on the site:



[www.llttf.com/facebook](http://www.llttf.com/facebook)



@llttfnews

Make a  
difference

Connect  
to others

Be kind to  
each other  
and yourself

Use your  
skills

Save lives

Share and  
support

You are someone  
with knowledge  
and skills

Opportunities

Ignoring  
social  
isolation

Not  
washing  
hands

Standing  
too close  
to others

Being  
selfish

Drinking or  
smoking too  
much

Spreading  
rumours

Turning  
inwards

Criticising  
colleagues

Forgetting  
there will be  
a solution