

Coronavirus staying at home



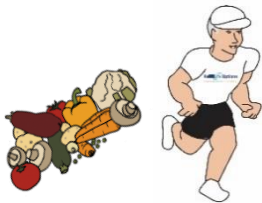
The Government has asked everyone to stay at home because of Coronavirus.

Coronavirus is a disease which is making people very ill.



Only people who have jobs that help others stay well are allowed to leave their homes to go to work.

Some of these are doctors, nurses, carers and support workers.



You should only leave your home to go to the shops for food and for one hour of exercise each day.



If you go outside, you must keep 2 metres away from other people.



We cannot go to other people's homes until the Government tells us it is safe to do so.



There are lots of things that you can do so that you don't get fed-up or feel lonely.

Talk to your support worker who can help you with this.



Some people like to have a plan of activities that they want to do each day.

Your support worker can help you with this.



You can keep in touch with family and friends by telephone, by email or by writing a letter.

People use their phones and computers to see and talk to family and friends by video. Your support worker can help you with this.



If you have a garden, looking after the plants or spending time in your garden can help you feel good.



Exercise is good for your health and can make you feel happy. You can exercise in the garden or in the house.

You can march on the spot, dance or stretch. Your support worker can help you find exercise videos that are right for you.



Staying at home gives you more time to clean your home or sort out your things.

You could sort out your photographs, tidy your wardrobe or sort through your books.



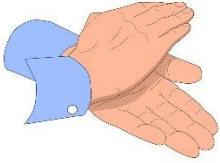
Staying at home gives you more time to get better at doing things. You could learn to bake a cake or make your favourite meal at home.

You could learn how to paint or make models. You could make a card to send to a friend or to someone in your family.



Staying at home gives you more time to do fun things with your family or the people you live with.

You could sing songs together, have an indoor picnic or have a dress up day.



Every Thursday night at 8 o'clock people go to their doorstep or into their garden and clap their hands.

This is to say thank you to doctors, nurses, carers and support workers who are helping people.



Real Life Options
a real choice | a real voice | a real difference

Our staff will do their very best to support you to stay well and safe.

They will let you know when the government says it is safe to meet family and friends again.



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