



Self-Isolation Guide

Information on Covid-19, tips
and tricks to help get through
self-isolation, quarantine, and
ways to help others



Pandemic

Currently, the UK and the world is experiencing an outbreak of the virus Covid-19.

There is a lot of fear, anxiety and stress as a result of this, as well as mixed messages, panic buying, and fake news.

While the messages we hear may prompt fear and anxiety, it is important to remember that there are direct actions we can take to minimise the harm this virus causes.

Slowing down the spread of the virus will help keep those most at risk safe in the coming months.



Coronaviruses are a type of virus that affects the parts of the body that we use to breathe. They are named Corona (crown) viruses due to the shape they have when looked at under a microscope, having little points that look like a crown.

Covid-19 is the newest strain of Coronavirus to impact humans on a wide scale. Originally present in animals, it crossed the species barrier in a live animal market in December, and has swiftly spread around the globe. Because the virus originates in animals, humans have less natural defences to it, which makes it easier to spread and more likely to have complications when compared to the normal flu.

Covid-19 can affect anyone, and is spread by air (coughing/sneezing), bodily fluids (mucous, saliva, potentially breastmilk) or contact with surfaces that are infected (doorknobs, handrails).

Covid-19 is most dangerous for those who have existing health concerns and people over 70. It is most dangerous for these people as their **immune systems are compromised**, making them more likely to experience serious symptoms. Serious cases can cause pneumonia like symptoms, which are dangerous as they make it hard to breathe.

If you have symptoms, or are concerned you may have the virus, or you have been exposed to someone who has, you should self-isolate.

Primary Symptoms

Continuous cough - (repeated and ongoing)

Fever – temperature over 37C

Secondary Symptom

Shortness of breath (ongoing)

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Self-Isolation

What is Self-Isolation, and what's the big deal?

Social Distancing means taking active steps to limit the face-to-face contact we have with others (2m distance minimum). This means, avoiding unnecessary travel, public spaces, and gatherings of more than 2 people. Everyone should be doing this to slow the virus's spread. People should only be leaving their homes to get food, for health reasons, or to go to work if their job is essential.

Self-Isolation is essentially self-quarantine. You are not to leave your home, except for exercise (walk). You shouldn't even be going out to buy supplies or groceries. You will be asked to self-isolate for **7 days if you have symptoms of Covid-19**, to limit its spread to others. You will be asked to self-isolate for **14 days if you have been in contact** with someone who has Covid19. Vulnerable groups have been asked to self-isolate for the time being as a precaution.

We have been asked to socially distance and self-isolate by health professionals to slow down the speed of the outbreak. Self-isolation will stop you from getting sick. It means that we will **not all get sick at the same time**. If everyone gets sick at once, it could overload the NHS, which could lead to even more deaths.

If even half of us isolate, it will drastically slow the speed at which the virus can spread, as there are less carriers and less people susceptible to catching it moving about.

Think of the peak of the outbreak like a car crash:

If we don't limit the speed, the risk of many people dying at the peak is **very high**.



If we can apply the brakes on the spread before the peak (partial or total self-isolation), we can limit the damage caused:





Self-Isolation Prep

While some people are overbuying when out shopping, it is important to remember that these shortages are temporary, and the result of human behaviour, rather than the virus. Supplies will return to normal, and unfortunately, many people will have food needlessly spoil.

How much is needed?

When self-isolating, you will be asked to remain in your home for up to **14 days**, or until 3 days after your symptoms clear. This means when planning ahead, you do not need to shop like the apocalypse is incoming. In fact, for the most part, you carry on as usual, picking up a few more bits in case you get sick. Look for things that are frozen if you have freezer space, canned goods, and other items that will last.

Top Tip

Many of the scenes of deserted shelves are coming from the major superstores and big name brands.

If you are having difficulty finding necessary supplies, check your local independent corner shops.

They are less likely to have been hit by the panic buying crowds, and more likely to have what you need.

Plus, you get to support a local independent business!



Keeping Active

Being stuck inside makes it much more difficult to keep active and fit. Being sedentary has also been linked to decreased mental health and wellbeing.

For the moment, going outside for a walk is still allowable once a day when self-isolating, provided you keep yourself **2m distance from others..**

However, be considerate of other people when entering and leaving the building, washing hands before heading out and on return, to help prevent others from catching illness from doorknobs and handles.

Indoor exercises are also helpful, and can target the full body in a limited amount of space.

- › For arms and chest, you can do variations of push-ups (incline, wall, decline, staggered)
- › For legs, you can do bodyweight squats, or hold onto additional objects to add weight
- › For your core, you can do varieties of crunches, planks, or sit-ups.

There are a great many Apps, YouTube channels, books, and online sites, which have different home routines you can try, providing variety to keep things interesting.

Yoga

Yoga can be a good option for improving flexibility, calming the mind, and using minimal space.

If you'd like to try Yoga, a free guided playlist is available here!

<https://www.youtube.com/user/yogawithadriene>

Self-Isolation Guide

Keeping Sane

Self-isolation can be a daunting task. Often, knowing we shouldn't be out and about only makes us want to do it more! Here are some ways you can help your mind cope when in your space and avoiding others.

Structure

Setting yourself a structure when in isolation can really help to fortify our willpower, and helps to speed up the day.

Knowing you will have set actions at set times will also help to break apart the day and helps us to feel like we are still making progress and accomplishing things. You are allowed to go out and exercise once a day.

Limit your News

Studies have shown watching too much news can directly impact our mental health, particularly when all the news is negative or fearful.

You can limit this by having a set time when you watch the news. This helps your mind process the information being provided, and limits the impact of information overload.

If you've found you need a break from all the negative news, why not check out:

For only positive news stories -
<https://www.goodnewsnetwork.org/>

For cute pictures of animals -
<http://www.cutestpaw.com/>

Schedule Template

07:00	
08:00	
09:00	Wake
10:00	Home Exercises
11:00	Breakfast
12:00	Go for walk
13:00	Read book
14:00	Read book
15:00	Watch TV
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	
23:00	
24:00	

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Keeping the mind busy

If you are looking for things to fill your time, and have access to the internet, why not explore some of the free online learnings that are open to all. These courses can help you to develop professionally, build your knowledge base, or learn a new skill.

Khan Academy: <https://www.khanacademy.org/>

World Class free online courses in Maths, Sciences, Computing, Arts & Humanities, and Economics.

Free Courses in England:

<https://freecoursesinengland.co.uk/free-courses-1>

Free online professional development courses geared towards professional skills for the workplace

edX: <https://www.edx.org/>

Free online college classes from Harvard, MIT, and Berkley.

Futurelearn: <https://www.futurelearn.com/>

Free Online Classes from University of Manchester, Barcelona, Eindhoven, and more

Udacity: <https://www.udacity.com/>

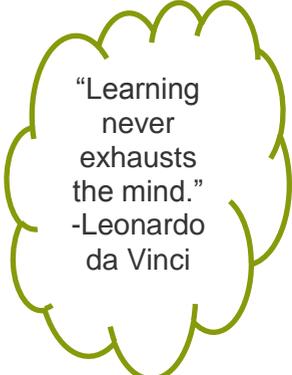
Programming and computing skills, boot camps, and classes to get into the workplace

Coursera: <https://www.coursera.org/>

Free online Courses designed by Imperial college London, Yale, Google, IBM and more

Project Gutenberg: <https://www.gutenberg.org/>

Free online Library with over 60,000 books free to download.



“Learning never exhausts the mind.”
-Leonardo da Vinci



Keeping the mind clear

We live in fast paced times. Much happens around us, and when discussing social distancing and self-isolating. Things can very easily begin to feel beyond our control.

Mindfulness practice can help us by grounding ourselves in our bodies, calming our mind, and building a bank of resilience we can call on when things feel hectic or out of control.

There are hundreds of practices and self-guided techniques available for free online.

An exercise in being present – the 3x3

A meditation technique for interrupting the nervous or anxious thoughts when they are starting to get the best of you.

Drop into 3 of your senses, and name 3 things you notice about them.

Example

I can see 3...

I can smell 3...

I can hear 3...

Practicing this regularly throughout your day can help to ground you back into your body, and give your mind a brief break when thoughts are racing.

Consciously setting a specific time aside in your schedule to practice this each day, and following through with your plan will improve its effectiveness.

Practice makes perfect!

Speak to someone

If events or isolation has your mental health in a dark place, this is perfectly natural and normal. You can reach out to any of these organisations for a listening ear, and a person to speak to.

MIND Infoline

For help and guidance around mental health

Email info@mind.org.uk

Call 0300 123 3393 M-F 9am-6pm

Samaritans

Email to jo@samaritans.org

Call 116 123 – Open 24 Hrs

CALM – The Campaign Against Living Miserably

For men

<https://www.thecalmzone.net/> for Webchat

0800 58 58 58 – Open from 5pm till Midnight

Papyrus –

For people under 35 thinking about suicide

Email pat@papyrus-uk.org

Text 07860 039967

Call 0800 068 4141 – M-F 9am-10pm, Weekends
2pm-10pm



Helping those who are Isolated

If we are lucky enough to be healthy in these trying times, there is much we can do to support those who are most at risk of catching Covid-19, who may be self-isolating.

Checking in

You may know people who need to self-isolate for their own health. In times like these, it can be powerfully positive to have someone check in on you, and see if you need anything. You can safely check in with someone over text, call, or even from the other side of a door. A five-minute conversation with another person when you feel trapped in your room can make a world of a difference.

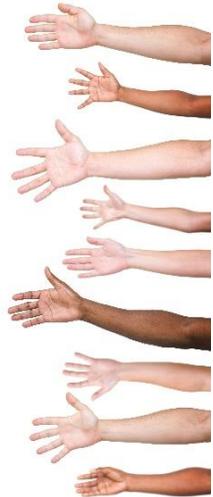


Stepping up to lend a hand

Let your service manager know if you want to help out, and are feeling healthy and able to give back.

Supporting to shop: It will be highly likely that you may have neighbours who need assistance shopping. Have a chat with your service manager if you'd like to help out with shopping for your peers, an extra set of hands will definitely be appreciated.

Helping with tasks around the service: As Covid19 impacts services; it will also have an impact on our staffing levels as well. If you are healthy and looking to lend a hand, speak to your service manager to ask if there is any day-to-day tasks like Health and Safety checks tasks around your service you could help with to help out staff.



Keep Calm and Carry On

While we need to be aware of Covid-19, and should be taking steps to limit or reduce its spread, there is no need to panic.

Your service team will have a plan with their managers to try and limit spread within the environment, and are working to try and keep everyone as safe and healthy as possible.

If you think you may have symptoms of Covid-19, or have come into contact with someone who has a confirmed case, contact a member of your service team immediately.

Evolve Housing + Support

Kingston Road

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E enquiries@evolvehousing.org.uk

Social

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