



**Bogside & Brandywell**  
Health Forum An Fóram Sláinte

# A Guide to Coronavirus

Why Self-isolating is important and what  
to do during the time spent at home.



Bogside and Brandywell Health Forum, 128 Lecky Road, Derry.  
Tel. 02871 365330

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*If you would like further hints and tips on how to stay active and safe during this time, please visit our facebook and You Tube channel for nutritional advice and easy to cook recipes, physical activity sessions, mental health support and the most up to date information and advice on COVID-19.*

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 Bogside Brandywell

**[www.bbhealthforum.org](http://www.bbhealthforum.org)**

# Message of Support

During this current difficult time it is understandable that we may feel anxious and isolated so we would like to reach out and offer support to our communities in the best way we can. We have developed this pack after listening to what you told us and we hope you enjoy these as much as we have enjoyed developing these for you.

The staff at the Bogside and Brandywell Health Forum have worked tirelessly to understand what people want and over the last week we have been in touch with over 700 people that have used our services. When this time passes, we will need to be there for each other just as much as we are now. From myself and all the staff at the Bogside and Brandywell Health Forum, we will be ready and waiting to support you and your family ease into more positive and happier times.

Thank you for keeping in touch with us and we will be in contact over the next few weeks to ensure you are all keeping well. We are also supporting our wider communities at this time, and we have to be sure we are supporting each other by staying at home, keeping safe and connecting with our most vulnerable in our communities.

**Aileen McGuinness**  
General Manager

\*Please note the information contained in this booklet was printed on 31st March 2020 and is subject to change. It is important to follow the latest Government advice.

# Preventing the spread of Coronavirus

## Wash your hands more often



Coronavirus is a serious illness that can make you very ill.

The best way to not catch it is to wash your hands more often for 20 seconds.

Use soap and water or a hand sanitiser when you:

- **Get home from work**
- **Blow your nose, sneeze or cough**
- **Eat or touch food**



**PROTECT  
YOURSELF  
& OTHERS**

Find out more at

[nhs.co.uk/coronavirus](https://www.nhs.co.uk/coronavirus)



## CATCH IT

The best way to prevent the spread of infections, including coronavirus, is good personal hygiene. This means washing your hands regularly using soap and water and drying them with paper towels.



## BIN IT

[www.publichealth.hscni.net/](http://www.publichealth.hscni.net/)



## KILL IT



WET HANDS AND APPLY SOAP



RUB PALM TO PALM



RUB PALMS WITH FINGERS INTERLACED



SCRUB THE BACK OF YOUR HANDS



CLEAN BASE OF THUMBS



WASH FINGERTIPS AND FINGERNAILS



RINSE HANDS WITH WATER

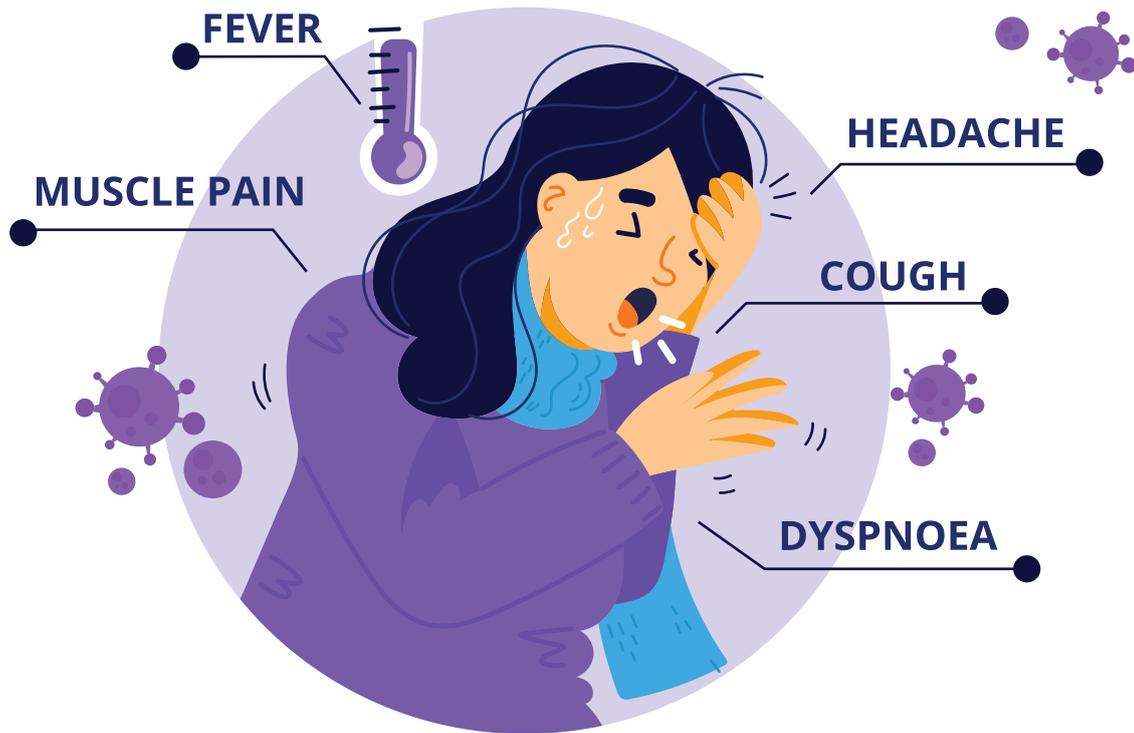


DRY HAND WITH TOWEL



YOUR HANDS ARE NOW CLEAN

## What to do if you have symptoms



Stay at home for 7 days if you have either:

- A high temperature
- A new continuous cough
- If you live with other people, they should stay at home for 14 days.

**DO NOT GO** to a GP surgery, pharmacy or hospital.

**Contact NHS 111**

You do not need to contact NHS 111 to tell them you're staying at home.

## Self-isolating Questions Answered



### **Question:** What is Self-isolating?

**Answer:** Self-isolating means staying home to lower the number of people you see.

### **Question:** Why is this important?

**Answer:** It will help lower your risk of infection. It will also help lower the risk of people spreading the infection.

### **Question:** How do I get food if I am self-isolating?

**Answer:** Friends and Family can drop food off to you. You can also use food delivery services. Please ask the delivery driver to drop food off outside your door. If you are unable to find a delivery service please contact us on 02871 365330.

### **Question:** What if I have nurses or carers come to my home?

**Answer:** Please let anyone know ahead of them coming to visit you that you are feeling unwell. They will then let you know what they can do.

### **Question:** What do I do if I can't cope with my symptoms?

**Answer:** If you feel you cannot cope at home please use the NHS 111 online tool. If you do not have internet access please call NHS 111. If it is a medical emergency call 999.

## Top Tips on self isolation

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough.
2. Avoid non-essential use of public transport.
3. Work from home, where possible. Your employer should support you to do this.
4. Avoid large and small gatherings in public spaces.
5. Avoid gatherings with friends and family. Keep in touch using the phone, internet, or social media.
6. Use the telephone or online services to contact your GP or other essential services.

Everyone should be trying to follow these measures as much as possible. We strongly advise you to follow the above measures and significantly limit your face-to-face interaction with friends and family, particularly if you:

**Are over 70**

**Have an underlying health condition**

**Are pregnant**



# Ideas of things to do while you're self-isolating

## Breathing exercise



1. Breathe in slowly and deeply through your nose. Keep your shoulders relaxed. Your tummy should get bigger, and your chest should rise a little.
2. Breathe out slowly through your mouth.
3. Repeat this for 5 minutes or until you feel more calm.

## Breathing techniques

1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly - slide down the other side.
4. Breathe in through your nose - out through your mouth.
5. Put together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.



**How do you feel now?  
Are you calm or would you like  
to take another 5 breaths?**

# Tips to maintain your mental health

## 1. Stick to daily routines as far as possible

Think about how you can carry on your normal routines and try to do things that are useful or meaningful. For example, if you are working from home, try to get up and get ready in the same way as normal, keep to the same hours you would normally work and stick to the same sleeping schedule.

Create a new daily routine that prioritises looking after yourself. You could try reading more or watching movies or having an exercise routine. You could set a new alarm for the morning, do a daily home workout, and pick a regular time to clean, read, watch a TV programme or film, or cook.

Try and rest and view this as a new if unusual experience, that might have its benefits!

## 2. Plan out your daily routine

This allows you to keep up with your usual routine as much as you can. Planning out your day creates a structure and can help you to feel more in control of your day as you can still feel a sense of accomplishment when you complete the things that you wanted to do.

### Plan practical things:

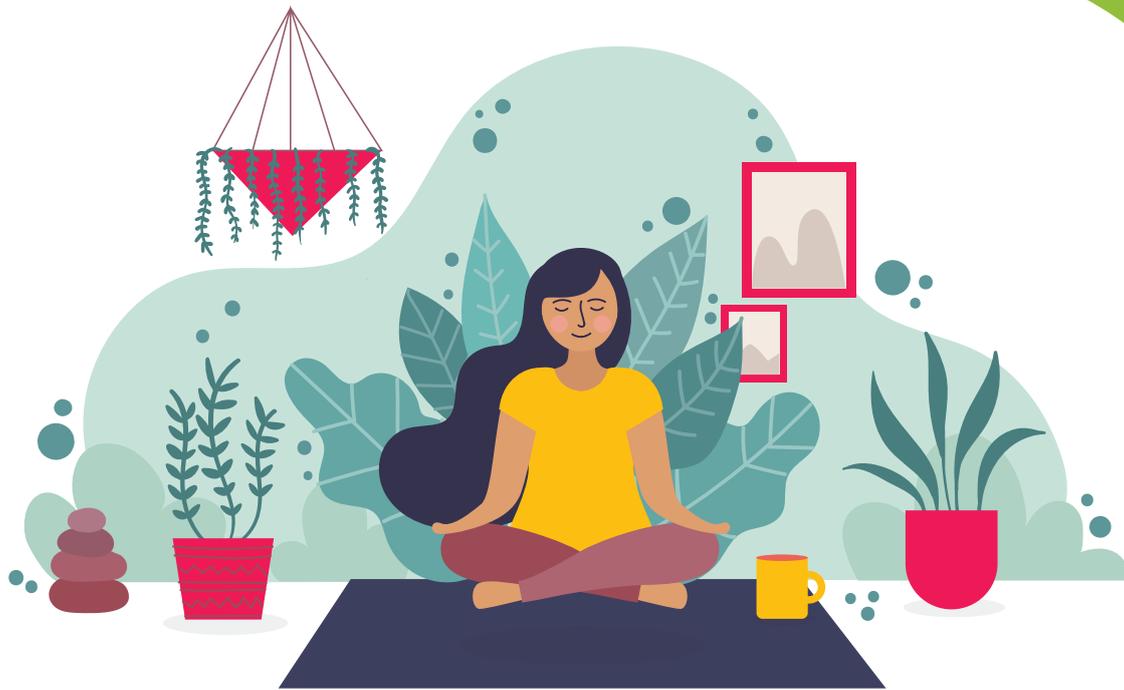
- Work out how you can get any household supplies you need. You could try asking neighbours or family friends or find a delivery service.
- Continue accessing treatment and support for any existing physical or mental health problems where possible. Let services know you are staying at home and discuss how to continue receiving support.

### Carry on doing things you enjoy:

- If we are feeling worried, anxious, lonely or low, we may stop doing things we usually enjoy.
- Make an effort to focus on your favourite hobby if it is something you can still do at home. If not, picking something new to learn at home might help. You can try gardening, cooking, colouring, knitting or card games.

## 3. Only use reputable sources when looking for updates or advice surrounding COVID19

Rumour and speculation can fuel anxiety. Having access to good quality information about the virus can help you feel more in control. The Western Health and Social Care Trust, the Public Health Authority and the World Health Organisation (WHO) are official information sources.



#### **4. Try to manage how you follow the outbreak in the media**

There is extensive news coverage about the outbreak. If you find that the news is causing you huge stress, it is important to find a balance.

Take regular breaks from watching the news or try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone. This will help to ease anxiety as constantly checking will only maintain your feelings of worry.

You could set yourself a specific time to read updates or limit yourself to checking a couple of times a day. It's best that you don't avoid all news and that you keep informing and educating yourself, but limit your news intake if it is bothering you.

#### **5. Connect with others**

Whilst we are practicing social distancing, maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are at home – by phone or text messaging – whether it's people you usually see often or reconnecting with old friends or neighbours.

Lots of people are finding the current situation difficult, so staying in touch could help them too – Look out for one another!

#### **6. Look after your body**

Our physical health really affects how we feel. Try to make sure you eat healthy, well-balanced meals, drink enough water and exercise regularly, this helps to release endorphins which boosts mood and reduces stress. Avoid smoking or drugs and try not

to drink too much alcohol. It can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

## 7. Keep your mind active

Read, write, play games, do crosswords, complete sudoku puzzles, finish jigsaws, or try drawing and painting.

## 8. Talk about your worries

It is quite common to feel worried, scared or helpless about the current situation. Remember, it is OK to share your concerns with others you trust – doing so could help them too.

If you are accessing treatment and support for any existing mental health problems, discuss how to continue receiving support – ask these people for advice and support, they will have the information to help you.

Concern about the coronavirus outbreak is perfectly normal. However, some people may experience intense anxiety that can affect their day-to-day life.

Try to focus on the things you can control, such as how you act, who you speak to and where you get information from.

It's fine to acknowledge that some things are outside of your control, but if constant thoughts about the

situation are making you feel anxious or overwhelmed, there are some things you can try to help manage your anxiety, like listen to a mental wellbeing audio guide or try our breathing exercises. Trust the process, trust that the restrictions in place for the best interest of us all.

## 9. Take time to relax / Alone time

Whilst we are trying to study or work from home, we will be around family a lot of the time also, it is important to take time for yourself.

Practice mindfulness - Relaxation techniques can also help deal with feelings of anxiety and this will give you the time to focus on your thoughts. This can help with difficult emotions and worries and improve our wellbeing.

## 10. Look after your sleep

Good-quality sleep makes a big difference to how we feel, so it's important to get enough.

Try to maintain your regular sleeping pattern and stick to good sleep practices.



## Exercises to do at home

These gentle sitting exercises were developed by the NHS, if you engage in these exercises, you do so at your own risk by voluntarily participating in these activities. Bogside and Brandywell Health Forum accepts no responsibility should you injure yourself.

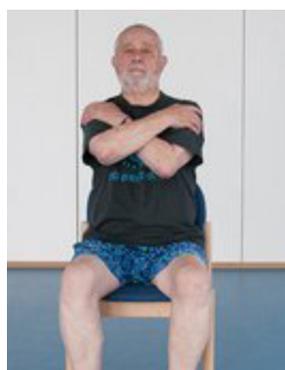
### Before you begin:

1. Choose a solid, stable chair that doesn't have wheels.
2. Use a chair with no arms.
3. Wear comfy loose fitting clothing.



### 1. Chest Stretch

- A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Push your arms out to the side.
- B. Gently push your chest forward and up until you feel a stretch across your chest. Hold for 5 to 10 seconds and repeat 5 times.



### 2. Upper Body Twist

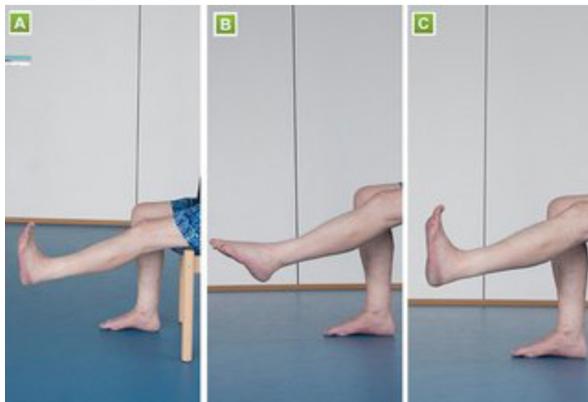
- A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
- B. Without moving your hips, turn your upper body to the left as far as is comfortable.  
Hold for 5 seconds.
- C. Repeat on the right side. Do 5 times on each side.

## Exercises to do at home



### 3. Hip Marching

- A.** Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.
- B.** Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.
- C.** Repeat with the opposite leg. Do 5 lifts with each leg.



### 4. Ankle Stretches

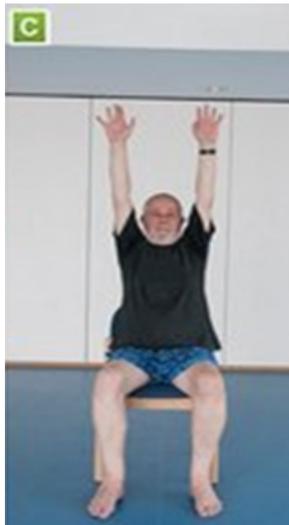
- A.** Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
- B.** With your leg straight and raised, point your toes away from you.
- C.** Point your toes back towards you.

Try 2 sets of 5 stretches with each foot.



## 5. Arm Raises

- A.** Sit upright with your arms by your sides.
- B.** With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
- C.** Return to the starting position. Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.



Try 2 sets of 5 stretches with each foot.

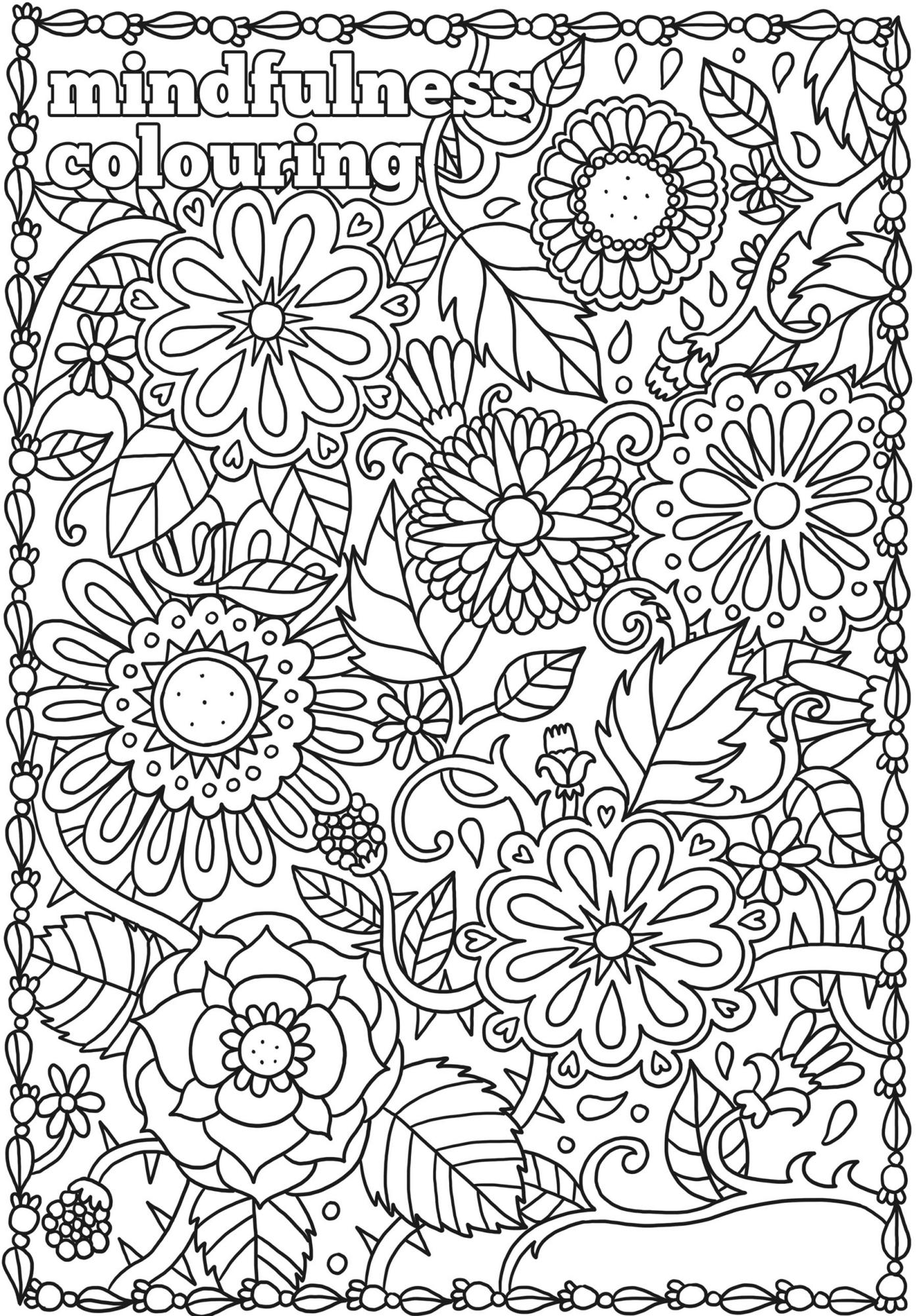
<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

## Mindfulness Colouring

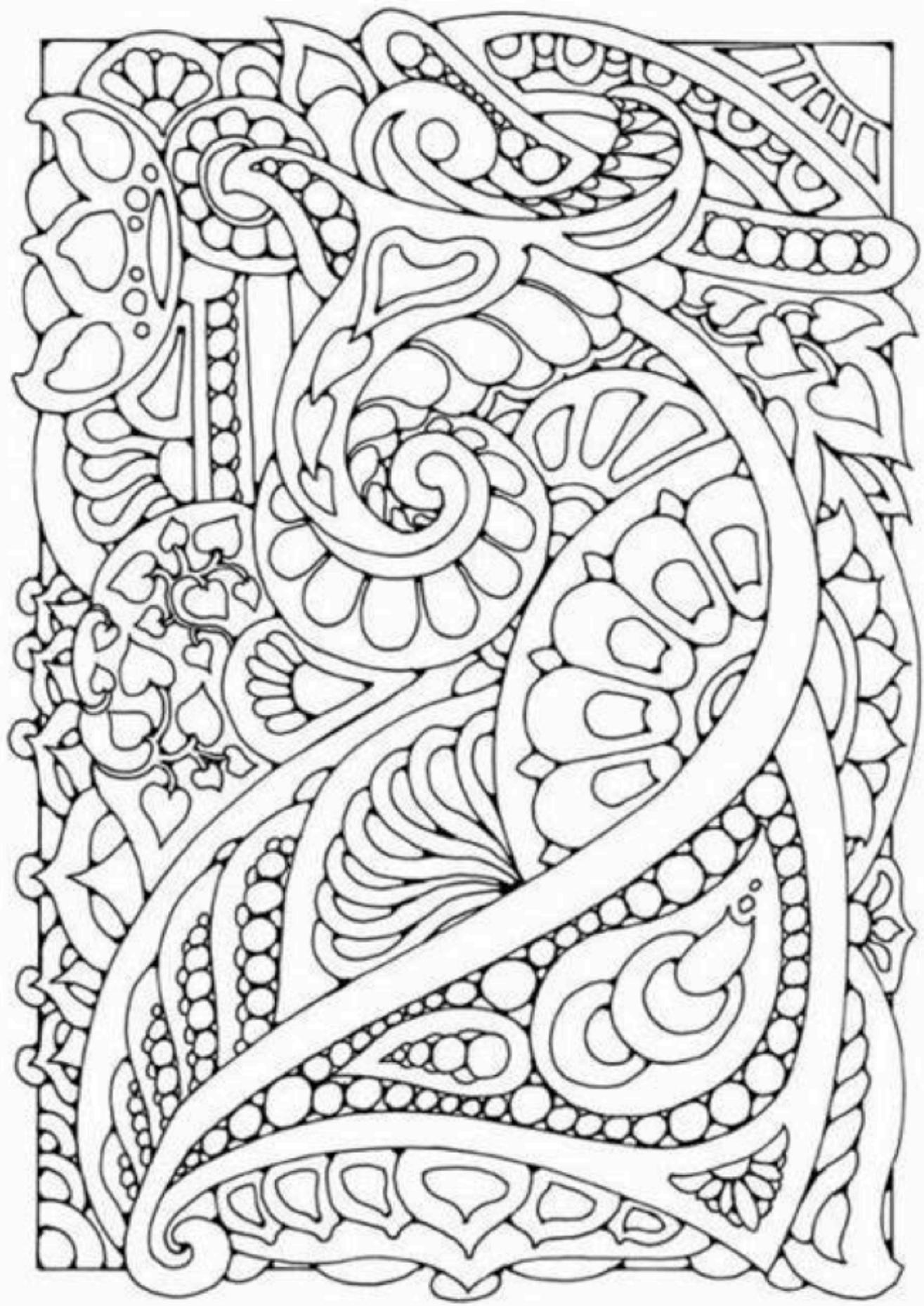
Mindfulness colouring is a fun way to add calm into your life. Use these mindfulness colouring in sheets to be more mindful every day.

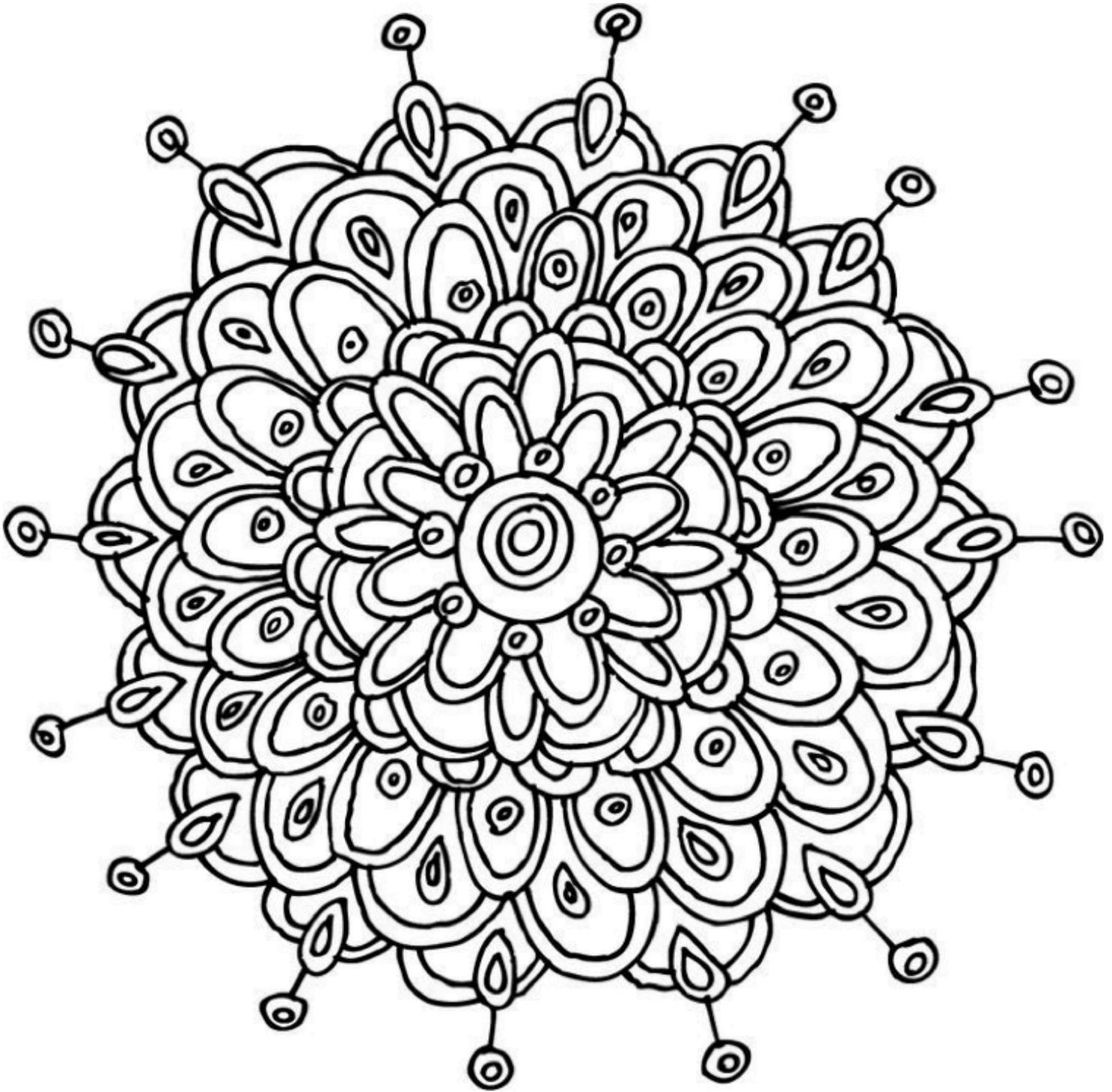


mindfulness  
colouring

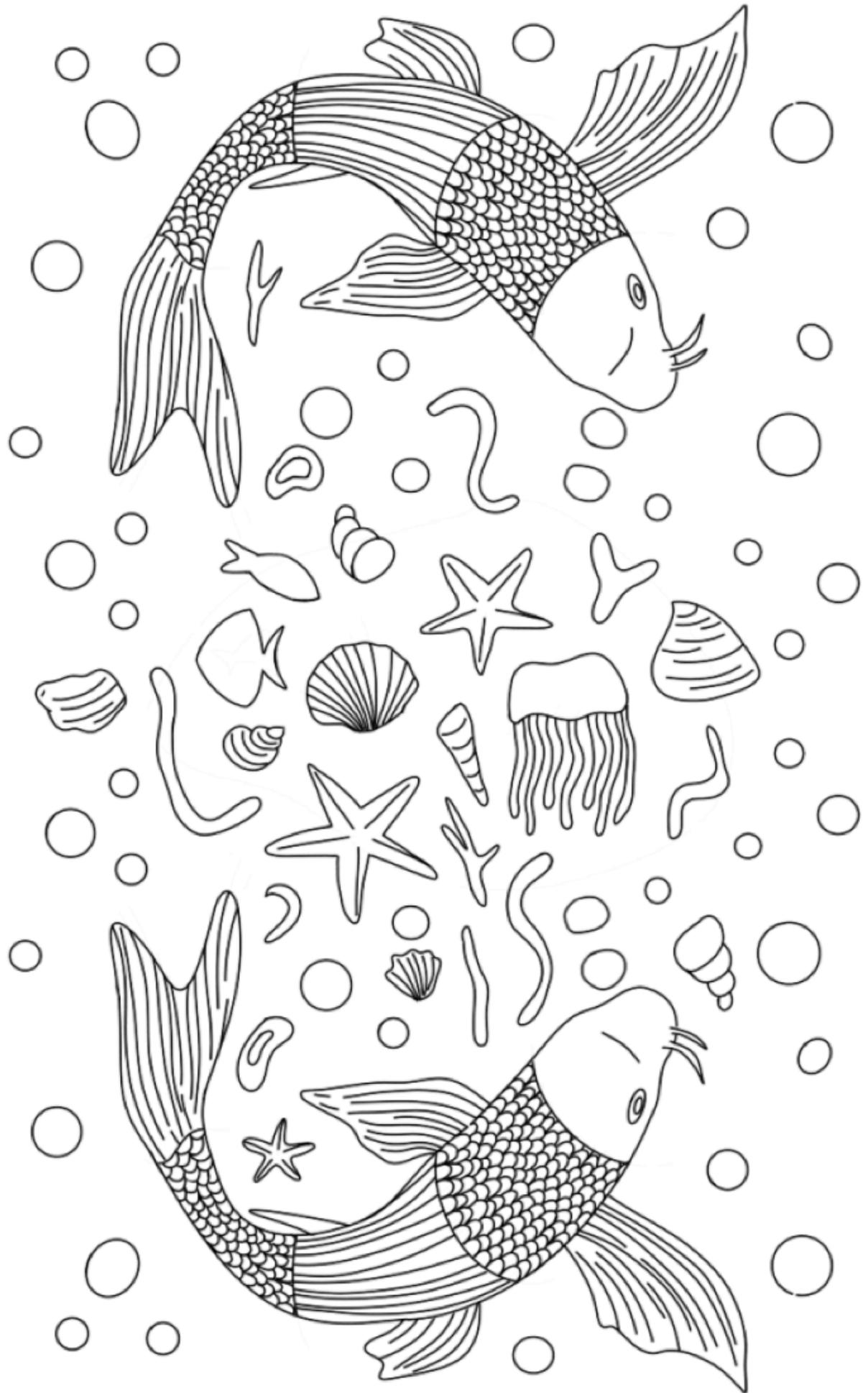












*mindfulness  
colouring*



## Word Search

D B Y G R E N E K Y  
R L H V M E D G B K  
I O L T S I N B N G  
B S S T W I S T X Q  
Y S G H Z O E T D D  
D O E Z A E R S W L  
A M U E W D U G D Y  
L B W T B N E D U B

BLOSSOM

MIST

LADYBIRD

BUZZING

TWEET

GROWTH

SHADE

NEST

BUD

SUN

BEEES

ENERGY

## Vacation

R T S E R                      N B M X Q  
 E S C A P E E                B N Y I I R P  
 P A R T Y L R F P P S H E L T E R  
 T O U    E N A O U L M V C X N    K L M  
 C O U Z    S Y H D T S A E F    R G O E  
 T Y Y K N    T S G G Y C P    A N U X C  
 P E R F O R M A N C E A W P I N P O R  
 I C A A I E C E U W Z T W T T E N S J  
 L U M S T E S    R    I U A D C H D  
 T U R R L I B    A O I I E O O  
 E C E U E E A    I    N T R R D L G  
 T G N S C A B V V J S I T E B N I Q P  
 R U A U X T R K I I O T L C O O D H O  
 I F S M E    A V J N T I R    É P A W O  
 P E R V    J T O B Z N S N O    F Y K L  
 B R F    G S I Y S E K A E P S    A E K  
 J V A B R O A D W A Y V F O E T C  
 H I K I N G F    N C A P R O R  
 S V D N E                      N H B H Q

ANNIVERSARY	FEAST	OUTING	RESTAURANT
BEACH	FESTIVAL	PAMPER	RETREAT
BISTRO	HAVEN	PARK	SANCTUARY
BREAK	HIDEAWAY	PARTY	SAND
BROADWAY	HIKING	PEAK	SEASHORE
CAFÉ	HOLIDAY	PERFORMANCE	SHELTER
CELEBRATION	HOTEL	PLAY	SHORELINE
COAST	INN	POND	TOUR
CONCERT	JOURNEY	POOL	TRIP
ESCAPE	LODGE	REFUGE	VACATION
EXCURSION	MOUNTAINS	RESORT	VOYAGE
EXPEDITION	MUSEUM	REST	

# Butterfly

M V G N H D  
 B R O V Y N W S T B V R  
 E W N G M P I S L C L M F S O W  
 Y I A K I G W R R N X B N E W E S C Y U M  
 Y B D Q L M V B C X U J A D G M T D S R E C M N V  
 S H Z Y K B X T L C L Q L T T D V C O Q W V E J Z L B E R  
 T R L X W C E C R W E V F C I B I L D H X W V S G N H C W  
 I Q V G E N C H D C B H O T T E X H F Q R S O H G K V C Z L X  
 X V R B E H L C J W J S Q A S V C D Q A I Z X L L G O X O D A Z B  
 C V V T D A M R W J D D Q L O U X H J M P E F J E N F H I U F J O  
 R M Y L R M J A F A P M T Y M P W T A G T U V M S I L A S Y R H C  
 T A I V F V H N T S I B E N O J C X S D L H P U S A W I I N G I E  
 W A A S H A O O W Y W X R X T F D A J O U P C D K V J S G N I W O  
 A V Y U B A M V L W B D K H R Y W T G R L R M B D Q Z V S L Z  
 N J M W T S F G G K L Q P Y Y F E Z D T H V E J Z O F I  
 G Q J D R W M M M C L N F R V R S N L H Q M P E  
 Q S U X Q E A Q F P C A X E H Y S P T C L T T Z G M  
 S V J G N X T R T R U D N D G O O H Y I Y E K N X G B K  
 B C W P M W T T Z A A M T O X N A L J Z L R K F X U X X  
 N B G I O I C U S A T C R S N E L A N N V F L P Q J J D Y D  
 W B F M K Z T B U U C B B R D G Y Q K B P S L A B N O F N E  
 T C V L R O S T M W E H C R F K G D S P N Y N U R L P E X N  
 G U S A I E U L W C I N Q A L I X U J C G H T Y T T O C F O D X  
 A N T E N N A N D A P X G Y Y G N D Y D D Q G V C W T X S P D Z  
 T C E H T X F L E F S K V K A Y Y Q J F B K L E X W G T  
 I D U B E Y A S K C L B K X H Q L R R D  
 W H H L M H V F S G

ADULT  
 ANTENNA  
 BUTTERFLY  
 CATERPILLAR  
 CHRYSALIS  
 EGGS  
 FLOWERS  
 FLUTTER

FLY  
 GARDEN  
 LARVA  
 MILKWEED  
 MONARCH  
 MOTH  
 NECTAR  
 PLANTS

PUPA  
 STRAW  
 WINGS

## Riddle me this...

1. A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?
2. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
3. You have me today,  
Tomorrow you'll have more;  
As your time passes,  
I'm not easy to store;  
I don't take up space,  
But I'm only in one place;  
I am what you saw,  
But not what you see.  
What am I?
4. I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?
5. If two snakes marry, what will their towels say?
6. If eleven plus two equals one, what does nine plus five equal?
7. You can touch me  
You can break me,  
You should win me if you want to be mine.  
What am I?
8. There is a brother and a sister. The boy wants to visit his father in jail, and the sister wants to visit her mother in the hospital. But they both are not allowed in the jail or hospital. All they have is a gun. What do they do?
9. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?
10. No matter how little or how much you use me, you change me every month. What am I?

# Pancakes

## Ingredients:

- 228g Self Raising Flour
- 1 tbsp. Sugar
- 2 Eggs
- 150ml Milk

## Method:

- 1 Whisk eggs and milk together until blended
- 2 Gradually add in sugar and flour
- 3 Keep stirring for a thick, smooth mixture
- 4 Once at mixture you like, add to hot frying pan.
- 5 Should make around 12 normal sized pancakes.
- 6 Serve with some yogurt and delicious fruit.



# Banana Bread

## Ingredients:

- 225g self-raising flour
- 225g caster sugar
- 100g soft margarine
- 3 eggs
- 450g ripe bananas

## Method:

- 1 Preheat oven to 350f, 180c or gas 4. Butter or line with baking parchment an 18cm cake tin or 1kg loaf tin.
- 2 Put flour, sugar, margarine and eggs into a mixing bowl. Beat with wooden spoon or whisk until well mixed. Do not over mix.
- 3 Peel the bananas and mash. Stir into flour mixture with the orange rind and fruit if using.
- 4 Put into prepared tin, and bake for 1 and 1/2 hours. If necessary, cover with foil to prevent burning. Test with a skewer to see if the cake is done. Turn out onto wire rack to cool a little before cutting.
- 5 Stores well for 2-3 days or longer, sealed, in the fridge.

# Tomato Soup

## Ingredients:

- 2lbs ripe tomatoes
- 1 onion
- 1 Carrot
- 2 tbsp olive oil
- 2 tsp tomato puree
- 1 chicken/vegetable stock cub
- Black pepper



## Method:

- 1** Wash and cut tomatoes into quarters, peel 1 onion and 1 small carrot and chop them into small pieces.
- 2** Spoon 2 tbsp olive oil into a large pot and put on a low heat. Add in the onion and carrot and mix together. Still with the heat low, cook the vegetables until they're soft and faintly coloured. This should take about 10 minutes, stir them so they cook evenly.
- 3** Add 2 tsp of tomato purée, then stir it to turn the vegetables red. Add tomatoes in, sprinkle in a little black pepper. Let the tomatoes stew over a low heat for 10 minutes.
- 4** Slowly pour in the 1.5 litres/ 2 pints of hot stock. Turn up the heat and wait until everything is bubbling, then turn the heat to low for 25 minutes.
- 5** Remove the pan from the heat. Ladle the soup into a blender and blitz until the soup is smooth, serve with wholegrain bread.

# Leek & Potato Soup

## Ingredients:

- 1/2 medium leeks
- 1 small onion
- 2 medium potatoes
- 1 tablespoon unsaturated oil  
e.g. sunflower
- 1 chicken/vegetable stock cube
- Black pepper



## Method:

- 1** Cut the leeks into slices, wash well and drain. Peel and chop onion, cut potatoes into small pieces.
- 2** Add the oil to a large saucepan and heat gently. Add the leeks and onion and cook gently.
- 3** Add potatoes, water, stock and black pepper. Bring to the boil, cover, reduce heat and simmer gently for 20-30 minutes or until the vegetables are tender.
- 4** Once tender, liquidise soup and serve with scones/wholegrain bread.

# Dear reader

We hope you found this booklet useful. We know life can be very worrying at the moment. All the staff in Bogside and Brandywell Health Forum are doing their best to help keep everyone as safe as possible.

As an organisation, Bogside and Brandywell Health Forum aims to provide patients with extra support and to help them access community services.

We are available to offer you support, please give us a call on 02871 365330 if you would like to have a chat or need help over the next few uncertain weeks.

## Riddle Answers

1. An apple a day keeps the doctor away!
2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.
3. Memories.
4. Pencil lead.
5. His and Hers.
6. 11 o'clock plus 2 hours = 1 o'clock, 9 o'clock plus 5 hours = 2 o'clock
7. A heart.
8. The boy shoots the girl, and then the boy goes to jail for attempted murder and the girl goes to the hospital due to her injuries.
9. Love.
10. A Calendar.

# #1 Stay Home Stay Safe

Bogside and Brandywell Health Forum  
128 Lecky Road, Derry.

 02871 365330

 Bogside and Brandywell Health Forum

 Bogside Brandywell

## In partnership with:

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