

# Covid-19 & staying at home How to cope ?



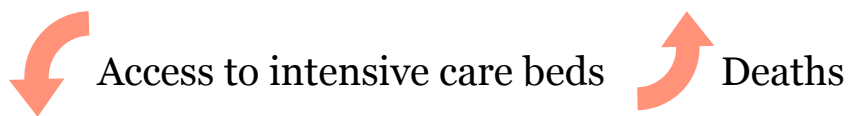
Most of the psychological adverse effects of a quarantine come from the imposition of restrictions on freedom\*.

**It is time to get INFORMED** so that staying at home becomes an individual and altruistic choice !

**Why stay at home ? To slow down the spread of the virus so that everyone who needs a hospital bed can get one.**

**If everyone gets seriously ill at the same time:**

- **A&E departments get overcrowded and don't have enough hospital beds & equipment for everyone.**



- **Shortage of staff to care for Covid-19 patients and others, in hospital and in the community**

## Emotions & Lockdown

Anxiety & worry about your own and loved ones' health

Frustration due to not feeling in control

Anger against those who do not understand the seriousness of the situation

Loneliness, Boredom

Ambivalence

## Remember it is TEMPORARY !

### Prevent physical tiredness and mental fatigue

- Exercise indoors or alone outdoors (*walk outside, run, practice gym /yoga / pilates with help from videos...*)
- Eat healthy
- Maintain a daily routine (*get up in the morning, have a shower, get dressed...*)

### Beat loneliness

- **Stay in touch regularly with family and friends** (*eat meals or have tea together over video calls*)
- Help neighbours
- Show solidarity

### Beat boredom and frustration

- Make photo albums
- Read
- Watch movies, TV shows or drama
- Listen to music, podcasts, radio
- Craft (*sewing, painting, carpentry, DIY...*)
- Play video games
- Use museums virtual visits
- Play together online
- Take online courses like MOOCs

### Prevent anxiety-inducing confusion

**Select 2-3 trustworthy sources of information** and check them at fixed hours, not all the time !

### Avoid panic, be prepared

- **Gather what you will need if you get ill** (*thermometer, tissues, paracetamol...*)
- Get any repeat prescriptions ahead of time
- Shop for groceries, have a plan in case you get ill.

### Avoid getting infected and passing it on

**Follow recommendations** : wash hands with soap (indoors) or gel (outdoors), keep your distance from others (2ft). Do not shake hands. Do not hug. Cough or sneeze in your elbow, not your hands.

### Beat stress

- Meditate regularly
- Maintain indoors individual religious activities
- Be mindful that anxiety, worries and loneliness are expected feelings in this unusual situation
- Do not blame yourself

**Everyone's efforts and sacrifices will save lives, those of loved ones!**

\* The psychological impact of quarantine and how to reduce it: rapid review of the evidence, Samantha K Brooks, et al Lancet 2020; 395: 912–20 <https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930460-8>