**Read the text about coronavirus and write a few tips to your English friend on how to act to protect himself from this disease. Send your letter (160 words) to this email address:**

**jtrvalka@gmail.com**

**COVID-19**

Coronavirus is a new illness that can affect your lungs and airways.

It's caused by a virus called coronavirus.

**Stay at home advice:**

if you have coronavirus symptoms stay at home, if you have either:

* **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
* **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
* Do not go to a GP surgery, pharmacy or hospital immediately when symptoms appear.

### How long to stay at home

* if you have symptoms of coronavirus, you'll need to stay at home for 14 days at least
* if you live with someone who has symptoms, you'll need to stay at home for 14 days from the day the first person in the home started having symptoms
* If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.
* If you have to stay at home together, try to keep away from each other as much as possible.

**Staying at home can help stop coronavirus spreading**

You'll need to stay at home if you have symptoms of coronavirus (COVID-19) or live with someone who does.

Staying at home means you should:

* not go to work, school or public areas
* not use public transport if it is not necessary
* not have visitors, such as friends and family, in your home
* not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home
* You can use your garden, if you have one.
* You can also leave the house to exercise – but stay at least 2 metres away from other people.
* *Be careful, rules may change and be more strict!*

### Do

* try to keep 2 metres (3 steps) away from each other
* avoid using shared spaces, such as kitchens or bathrooms, at the same time as each other
* open windows in shared spaces if you can
* clean a shared bathroom each time you use it, for example by wiping the surfaces you have touched
* use a dishwasher if you have one – if you do not have one, use washing-up liquid and warm water and dry everything thoroughly

### Don't

* do not share a bed, if possible
* do not share towels, including hand towels and tea towels

**Reducing the spread of infection in your home**

While you're staying at home, you should:

* wash your hands with soap and water often, for at least 20 seconds
* use hand sanitiser gel if soap and water are not available
* cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
* put used tissues in the bin straight away and wash your hands afterwards
* clean objects and surfaces you touch often (like door handles, kettles and phones) using your regular cleaning products

**How to do your cleaning and laundry**

* Use your usual household products, such as detergents and bleach, when you clean your home.
* Put used tissues and disposable cleaning cloths in rubbish bags. Then put the bag into a second bag and tie it securely. Wait 3 days before putting it in your outside bin.
* Dispose of other household waste as normal.
* Wash your laundry in the washing machine in the usual way. Laundry that has been in contact with an ill person shouldn´t be washed with other people's items. Use higher temperature when washing the laundry. Do not shake dirty laundry, as this may spread the virus in the air.
* If you do not have a washing machine, wait for 3 days after your stay at home has ended before taking your laundry to a launderette.

**Looking after your health and wellbeing**

To help yourself stay well while you're at home:

* drink plenty of water to stay hydrated – drink enough so your pee is pale and clear
* take paracetamol to help ease your symptoms
* stay in touch with family and friends over the phone or on social media, to help you avoid feeling low or lonely
* try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
* do light exercise, if you feel well enough to

**How to look after your mental wellbeing**

**while staying at home**

If you have to stay at home because of coronavirus (COVID-19), it's important to take care of your mind as well as your body.

You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

It is OK to feel like this – everyone reacts in their own way to challenging events and uncertainty. It's important to remember that staying at home may be difficult, but you are helping to protect yourself and others by doing it.

The tips and advice here are things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home. Make sure you get further support if you feel you need it.

## Think about where to stay

If you live with other people in your family, think about or discuss with them what challenges you might all face if you all need to stay at home or one of you gets coronavirus. If there are problems with your housing conditions, solve problems ahead.

Remember, it's really important to follow the social distancing and stay at home guidance when it comes to seeing and being around others.

## 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 health problems. Let other people know you are staying at home, and discuss how to continue spending time at home.

If you need regular medicine, you might be able to order repeat prescriptions by phone, or online via a website or app. Contact your GP.

## Connect with others

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, messaging, video calls or online – 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.

## 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. Or you could try a charity helpline or webchat.

## Look after your body

Our physical health really affects how we feel. Try to make sure you and your family eat healthy, well-balanced meals, drink enough water and exercise regularly.

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.

Get outside for a walk or a run if you can, or try one of our follow-along home-workout videos.

## Do not stay glued to the news

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.

You could set yourself a specific time to read updates or limit yourself to checking a couple of times a day.

Use trustworthy sources – such as  [www.korona.gov.sk](http://www.korona.gov.sk) – and fact-check information from the news, social media or other people.

## 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 – there are lots of ideas online.

## Take time to relax

This can help with difficult emotions and worries, and improve our wellbeing. [Relaxation techniques](https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness) can also help deal with feelings of anxiety – (e.g. try breathing techniques).

## 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 learn or work and stick to the same sleeping schedule.

If you cannot do this, think about how you can create new routines and set yourself goals. You could set a new alarm for the morning, do a daily home self-study or workout, and pick a regular time to clean, read, watch a TV programme or film, or cook.

## 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.

## Keep your mind active

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

Whatever it is, find something that works for you.