



**Support and information through difficult times, developed by the community, for the community**



we've got  
this.



# Coronavirus Action Plan

Are you unwell with a new persistent cough and/or fever?

YES

NO

Are your symptoms mild similar to a common cold?

Are you in an 'at risk' group?  
(Over 70, pregnant, weakened immune system or suffering with a long-term condition)

YES

NO

YES

NO

- ✓ **Self-isolate** for 7 days if you live alone or 14 days if you live with others. They will need to isolate for 14 days also.
- ✓ Regularly wash hands and clean surfaces.
- ✓ Stay hydrated and control your symptoms as you would with a cold.
- \* **Do not call 111 or see your GP**
- \* **You will not be tested for COVID-19**

- ✓ **Self-isolate** for 7 days if you live alone or 14 days if you live with others. They will need to isolate for 14 days also.
- ✓ If symptoms are worsening or you are not better after 7 days call 111.
- ⚠ **Severe shortness of breath is a concerning symptom.**
- \* **You will not be tested for COVID-19 if you're staying at home**

- ✓ **Socially-isolate**
- ✓ Limit activities to those which are essential.
- ✓ Avoid unnecessary social interaction or limit the time spent with others.
- ✓ Avoid public transport.
- ✓ Regularly wash hands and clean surfaces.
- \* **Do not call 111 or see your GP**
- \* **You will not be tested for COVID-19**

- ✓ **Take Extra Care**
- ✓ Avoid unnecessary social interaction or gatherings.
- ✓ Regularly wash hands and clean surfaces.
- ✓ Avoid contact with vulnerable people.
- ✓ Self-isolate immediately if you develop symptoms.

## Frequently Asked Questions:

- ? Can I breastfeed? – Yes. Take extra hygiene measures. Consider asking somebody who is well to feed your expressed milk.
- ? Can I care for others? – Yes, as long as you do not have symptoms. Focus on hygiene, distancing and limiting contact.
- ? Can I be tested if I work in healthcare? – No, not if you are well enough to remain at home. Hospital admissions are tested.
- ? How can I isolate if I have children? – Not everyone can isolate. Try to practice distancing, keep windows open and focus on hygiene.
- ? How do I know if I have a chest infection? – There is no easy way to know. You should only call 111 if your symptoms are worsening.
- ? Is it safe to use Ibuprofen? – As far as we know yes. Avoid it if you are wheezing, have stomach or kidney problems or if advised.

## At Risk Groups:

- Aged 70 or older
- Chronic respiratory disease
- Chronic heart disease
- Chronic kidney or liver disease,
- Chronic neurological conditions
- Diabetes
- Problems with your spleen
- Weakened immune system
- Pregnancy
- Seriously overweight



The Right Care is Right Here



UrgentCare  
South West

# What is Social Distancing?

Social distancing is recommended for everyone but particularly those who are vulnerable. The aim is to reduce transmission by reducing contact with others.



Avoid non-essential use of public transport

Avoid large gatherings and non-essential social contact or visitors

Avoid visiting your GP. Use telephone contact instead

Avoid contact with people who are vulnerable or unwell

Avoid going to work if you can work from home



Go for a walk or in the garden but keep a distance of 2 metres from others

Wash your hands frequently for 20 seconds with soap and water

Use telephone and other technology to keep in touch with people

Keep your mind stimulated, get fresh air and natural light

Try to keep a daily routine in a similar way as you would for a working day

# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

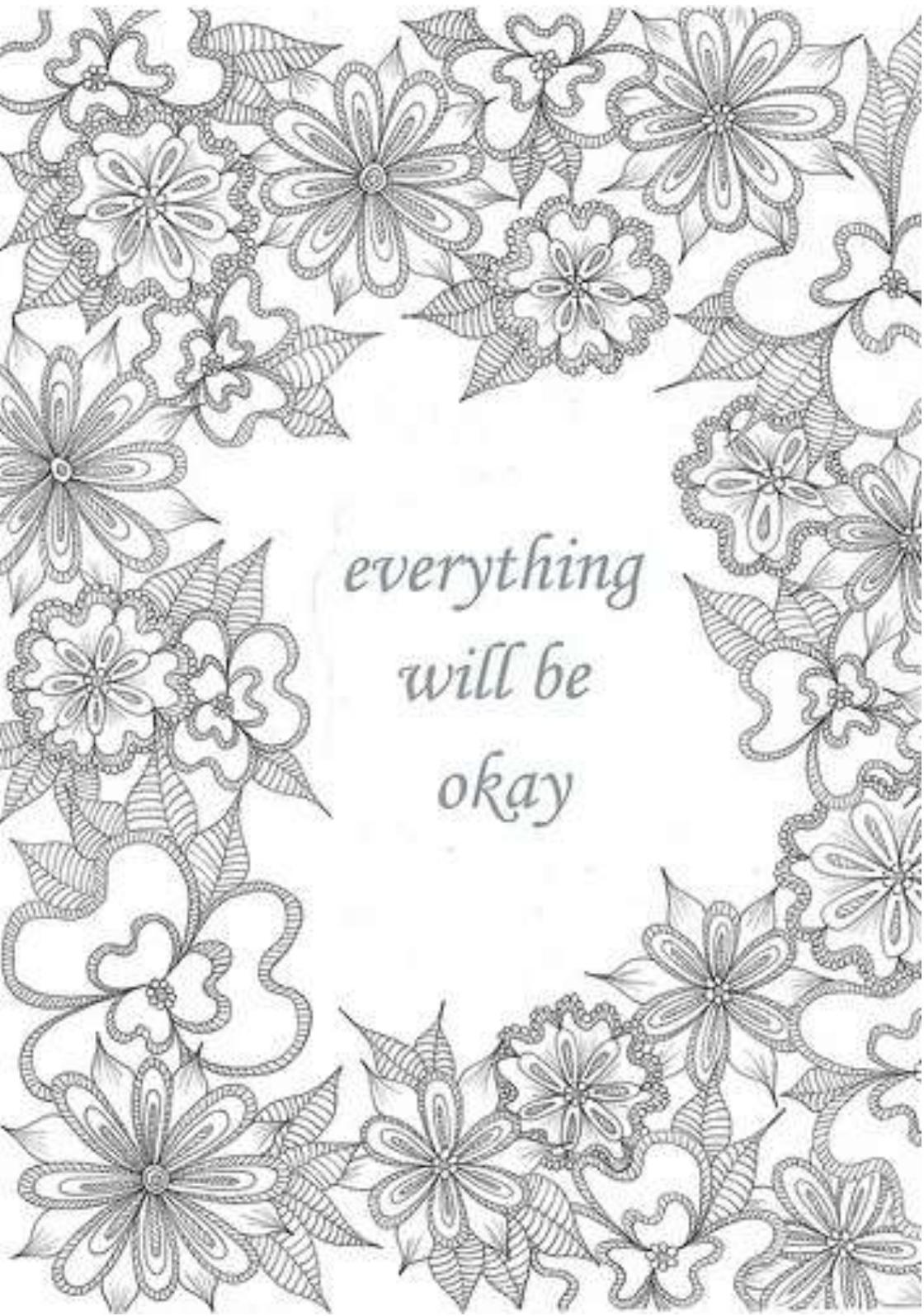
- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

# COPING TOOLS: What Helps Me

- Read A Book or Magazine 
- Hug or Climb a Tree 
- Journal or Write a Letter 
- Use Kind & Compassionate Self-Talk 
- Make a Collage or Scrapbook 
- Rest, Nap or Take a Break 
- Go on a Hike, Walk or Run 
- Take Good Care of the Earth 
- Drink Water 
- Play a Board Game 
- Do Something Kind 
- Make and Play with Slime 
- Discover Treasures in Nature 
- Take a Shower or Bath 
- Exercise 
- Drink a Warm Cup of Tea 
- Forgive, Let Go, Move On 
- Practice Yoga 
- Garden or Do Yardwork 
- Jump on a Trampoline 
- Cuddle or Play with Your Pet 
- Practice Gratitude 
- Do a Puzzle 
- Blow Bubbles 
- Smile and Laugh 
- Ride a Bike or Skateboard 
- Create Origami 
- Cook or Bake 
- Ask for Help 
- Talk to Someone You Trust 
- Weave, Knit or Crochet 
- Build Something 
- Get a Hug 
- Visualize a Peaceful Place 
- Stretch 
- Make Art 
- Use Positive Affirmations 
- Take Slow, Mindful Breaths 
- Clean, Declutter or Organize 
- Use Aromatherapy 
- Cry 
- Try or Learn Something New 
- Listen to Music 
- Use a Stress Ball or Other Fidget 
- Get Plenty of Sleep 
- Kick, Bounce or Throw a Ball 
- Take or Look at Photographs 
- Eat Healthy 
- Play Outside 
- Sing and/or Dance 



*everything  
will be  
okay*

<u>DAILY SCHEDULE</u>	<u>ADULTS</u>	<u>Kids</u>
<b>Before 9am</b>	<b>Wake up, Breakfast, Prep for the day</b>	<b>Wake up, make bed, breakfast, get ready for the day—morning meditate/Yoga!</b>
<b>9-10am</b>	<b>Free Time</b>	<b>Watch TV, Ipad, Xbox, Play games etc</b>
<b>10-11am</b>	<b>Outside Time</b>	<b>Go for a walk, play in garden, ball games, outdoor exercise, walk dog etc</b>
<b>11am-12pm</b>	<b>Creative Time</b>	<b>Art projects, Slime, Colouring, scrap book/video blog</b>
<b>12-1pm</b>	<b>Lunch Time</b>	<b>Food prep, cooking, baking, helping with lunch, setting table &amp; lunch time</b>
<b>1-1.30pm</b>	<b>Chores</b>	<b>Help clear up from lunch, washing up, household chores.</b>
<b>1.30-2.30pm</b>	<b>Quiet Time</b>	<b>Read, Puzzle, Nap, meditation, yoga, breathing exercises.</b>
<b>2.30-5pm</b>	<b>Academic Time</b>	<b>Online lessons, reading, research, projects, maths etc</b>
<b>5-6pm</b>	<b>Tea Time</b>	<b>Tea time (need to help prepare and clean up afterwards!)</b>
<b>6-7.30pm</b>	<b>Outside Time</b>	<b>Fresh air time—play outside, sport, ball games, yoga, go for a walk</b>
<b>7.30-10pm</b>	<b>Family &amp; Free time until bed</b>	<b>Play family games, talk about things, watch movies, have a bath or shower and get ready for bed!</b>

# Education Resources

## MATHS

- \*IXL Maths
- \*StudyMaths.co.uk
- \*Funbrain
- \*Prodigy
- \*Math Playground
- \*Splash Learn
- \*Math Game Time
- \*Khan Academy

## SOCIAL STUDIES

- \*Nat Geo Kids
- \*Google Earth
- \*Time for kids
- \*Crash course  
(Youtube)
- \*Who was (app/site)



## SCIENCE

- \*Discovery mindblown
- \*NASA Kidsclub
- \*Amazing Space
- \*Code Academy

## OTHER

- \*Brain Pop
- \*TED talks
- \*PBS Kids
- \*Duolingo
- \*Hello Kids (Drawing)
- \*Pawprintbadges.co.uk
- \*redtedart.com

### Free access codes

[Www.phonicsplaycomics.co.uk](http://www.phonicsplaycomics.co.uk)

Username: march20

Password: home

[Www.twinkl.co.uk](http://www.twinkl.co.uk)

Code: UKTWINKLHELPS

# For Older Kids

Free websites

[Www.futurelearn.com](http://www.futurelearn.com) -**Free access to 100's of courses**

[Www.senecalearning.com](http://www.senecalearning.com) -For GCSE and A Level revision

[Www.open.edu/openlearn](http://www.open.edu/openlearn)—Free taster courses for higher education

[Www.blockly.games](http://www.blockly.games)

[Www.scratch.mit.edu.explore/projects/games](http://www.scratch.mit.edu/explore/projects/games)

-Computer programming skills—fun and free

[Www.ed.ted.com](http://www.ed.ted.com)—All sorts of engaging educational videos

[Www.mysteryscience.com](http://www.mysteryscience.com)—Free Science Lessons

[Www.thekidsshouldseethis.com](http://www.thekidsshouldseethis.com)—Wide range of cool educational videos and crash courses

[Www.crestawards.org](http://www.crestawards.org)—science award to complete at home

[Www.idea.org.uk](http://www.idea.org.uk)—Digital enterprise award scheme complete online

[Www.tinkercad.com](http://www.tinkercad.com)—all kinds of making. Prodigy maths

[Www.bighistoryproject.com/home](http://www.bighistoryproject.com/home)—Aimed at secondary age, Multi disciplinary activities

# Useful Websites and Contacts

*To help you get online or learn how to use online resources:*

[www.learnmyway.com/subjects/improving-your-health-online/#resources](http://www.learnmyway.com/subjects/improving-your-health-online/#resources)  
(if you get stuck) Email: [digitalcommunities@wales.coop](mailto:digitalcommunities@wales.coop) or call 0300 111 5050

*Local Community support:*

**Nanny Biscuit:** Please visit our facebook page for details of our support network during this time including shopping, care packs and volunteer digital and telephone companions.

**Mindset Mojo:** Please visit the website for more mental health resilience and wellbeing self help tools and videos being added regularly:  
[www.mindsetmojo.co.uk](http://www.mindsetmojo.co.uk)

**Art & Soul Tribe:** Connect with us via facebook, Instagram or [www.artandsoultribe.co.uk](http://www.artandsoultribe.co.uk) for creative solutions, entertainment, community resilience and alternative education.

*National Guidance*

[www.gov.uk/government/collections/coronavirus-covoid-19-list-of-guidance](http://www.gov.uk/government/collections/coronavirus-covoid-19-list-of-guidance)

Public Health Wales

NHS Direct Wales

World Health Organization

HMRC business support: Helpline for England : 0300 456 3565

Helpline for Wales : 0300 060 3000

# Capacitar Practices to Transform Anxiety and Fear & Boost the Immune System

At this time of global pandemic with the Covid-19 virus and with economic insecurity around the world, Capacitar will offer some simple healing practices to boost the immune system, to transform feelings of anxiety and fear and to connect with inner wisdom and resources so we can reach out as persons of light to our families and communities. In each moment we have a choice: to react with negative energy and panic or to see the reality of the times choosing a positive response or action to transform the energy of the moment. For more resources: [www.capacitar.org](http://www.capacitar.org) Capacitar International YouTube videos of the basic practices.

***Fingerholds:*** This practice is a simple way to reconnect with inner wisdom and to transform strong feelings. Often we judge emotions as “good” or “bad” rather than recognizing them as wise messages from the body guiding us in our response to challenges, dangers or people in our environment. With overwhelming feelings, energy can become blocked or repressed, resulting in pain or congestion in the body.

**Holding each finger for several minutes while breathing slowly and deeply can release and balance pent up feelings. The following emotions are associated with each finger.**

**Thumb**—tears, grief, sadness, emotional pain —transforms to wisdom and compassion.

**Index Finger**—fear, panic, terror —transforms to courage and clarity for action.

**Middle Finger**—anger, rage, resentment —transforms to focus, action and passion.

**Ring Finger**—anxiety, preoccupation and nervousness —transforms to peace and strength.

**Small Finger**—lack of self-esteem, victimhood —transforms to self-esteem and empowerment.

**Center of the hand**—peace, harmony, balance, wellbeing.

**To Ground & Center:** Hold fingertips together, cross the ankles and breathe deeply to centre and ground yourself when feeling overwhelmed.

***Acupressure for Anxiety & Fear:*** These points held gently while breathing deeply can release congested energy and alleviate pain and strong feelings.

**Anxiety Point in the Outer Wrist:** Press the point in the indentation on the outside of the crease of the wrist, down from the small finger.

**Fear Points by the Arm Socket** Cross your hands in front of the chest and with the fingertips locate the points in the sensitive areas in the outer part of the upper chest near the arm sockets. The points help alleviate feelings of fear as well as chest-lung congestion. These points can also be tapped like a butterfly to calm and soothe oneself.

***Immune System Boost:*** These points boost the function of the Immune System to strengthen natural resistance.

**Elbow Points** With the index fingertips press the points on the outer creases of the elbows.

**Chest Points** Press the points under the heads of the clavicles on both sides of the sternum

# Local Heroes

**Nanny Biscuit Community Support: 07726230989,  
email [nannybiscuit@gmail.com](mailto:nannybiscuit@gmail.com) or see Fb page**

**Hawarden Post Office: Supplies & Deliveries, fresh fruit & veg sacks,  
bread, milk & essentials, 01244 532149 or email [enquiries@hawardenpostoffice.co.uk](mailto:enquiries@hawardenpostoffice.co.uk)**

**The Glynne Arms, Hawarden: Groceries, take out & food bank.  
(see their FB page)**

**The Plough In, Aston: Meals on wheels service, 01244 811132**

**Lesters Farm Shop, Drury: Fruit, Veg and other supplies for delivery and  
home made ready meals delivery service coming soon. 01244 540001**

**Eat Deli, Ewloe: Delivery service for those in Isolation, 01244 534108**

**Holywell St John's Ambulance: Ready to help where needed. See Fb page  
[@SJCHolywell](#)**

**Master Fryer, Queensferry 01244 830709, can help with discounted hot  
meals for the elderly—no delivery drivers so volunteers needed!**

**TN Events: Corner shops & Supermarkets for Events, emergency supplies  
and deliveries**