

# TOP TIPS

**TO HELP KEEP POSITIVE DURING THE COVID-19 OUTBREAK**

## 1 LISTEN TO THE EXPERTS

Leading health authorities tell us that our actions now can reduce the burden on the healthcare systems and help save lives.  
We all need to respond.

## 2 KEEP CALM

Scientists understand a lot about the virus and we have the ability to test for it.

- In most cases symptoms are mild
- Young people are at very low risk
- Huge numbers of people have already recovered from it.

## 3 MAKE KIND AND WISE CHOICES

To protect our wellbeing and support others we should do whatever we can to avoid coming into contact with the virus and to be considerate to others.  
Specifically it is vital that we wash our hands and protect others by following good hygiene principles.

## 4 KEEP ORGANISED

Having a routine can be really helpful, and will allow you to keep on track with your progress.  
Please download our Daily Routine Calendar which is available on our websites to help support you with planning your day to day routines.

## 5 LIMIT YOUR SCREEN TIME

Whilst being at home, you may find you will be having more screen time than usual.  
It is important to set limits on how much time you are looking at a screen.

Remember to include fun activities into your daily routine such as games, cooking, reading, books, dancing, singing and talking to each other!

## 6 EXERCISE REGULARLY

It is important to remember to keep healthy and active during this period.

Exercise will add lots of health benefits to your daily routine. It will improve your mental health, make you feel happier, and also help with relaxation and sleep quality!

**"WHEN YOU FOCUS ON THE GOOD THE GOOD GETS BETTER"**  
- JANE MARIE