**Supporting our patients during Covid-19**

**Managing your health**

The outbreak of coronavirus disease (COVID-19) may be incredibly stressful for people.

Here is some information to help you cope at this time.

**Looking after your health and wellbeing**

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

* It’s normal to feel sad, stressed , scared, angry or confused during a crisis. Talking to people you trust can help. Stay in touch with family and friends over the phone or on social media
* Try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films.
* It’s important to look after your own wellbeing and exercise can help to take your mind off the current situation. Try to do light exercise at home, or outside once a day
* Maintaining a healthy diet is very important to your wellbeing. Try to make sure you get five portions of fruit or vegetable s in your diet every day .
* Don’t use smoking, alcohol or drugs to deal with your emotions. If you feel overwhelmed, speak to a health worker or councillor
* Limit worry and anxiety by lessening the time you and your family spend watching or listening to media coverage that you perceive to be upsetting.

*Information shared by World Health Organisation*.

**Help in your Community**

Ask for help if you need it. In this ever changing environment you may not need help today but there is always support out there in your local community.

**Breathing space**: Free 15min call with a trained councillor to discuss anxiety. Email [breathingspace@meltonvinyard.org.uk](mailto:breathingspace@meltonvinyard.org.uk)

**Storehouse at The Fox.**  
Storehouse offers food, clothing, bedding, baby equipment and other household items to those living in the borough of Melton who are in need and who have been referred by one of the local agencies. This is not a walk in service. Please get in touch with the Storehouse team to register for support.

<https://www.storehousemelton.org.uk/>

**The Melton Borough Covid-19 Support Hub** has been created to coordinate, help and support residents during the coronavirus outbreak. Residents who have unmet needs and require additional support can request this through the support hub.

<http://www.melton.gov.uk/here4melton>