

Coronavirus (COVID-19) Looking After Yourself

Some practical tips and where to go for more support



**FOCUS ON YOUR
RELATIONSHIPS**



**TAKE A BREAK FROM
FOLLOWING THE NEWS
& SOCIAL MEDIA**



**STICK TO YOUR
ROUTINES
IF YOU CAN**



**REST.
TIME OUT HELPS**



**DO WHAT MAKES YOU
FEEL GOOD, WHILE
KEEPING YOUR PHYSICAL
DISTANCE FROM OTHERS**



**HEAD OUTSIDE,
NATURE IS GOOD
FOR US**

This may seem pretty straightforward stuff. But it's important. Research tells us that *looking after ourselves* is the best place to start.

NEED MORE SUPPORT?

- **COVID-19 Health Advice.** If you are worried you (or your whānau) have symptoms of Coronavirus, phone 0800 358 5453. Other medical advice 0800 611 116
- **1737- National Telephone Counselling Service.** Available 24/7. Text or call
- **Travel enquiries:** www.safetravel.govt.nz
- **Up-to-date info:** www.health.govt.nz/coronavirus
- **Info on welfare concerns:** www.covid19.govt.nz
- **Check out some mindfulness apps such as:** Headspace, Calm, Insight Timer
- **Phone your GP**

*Thank you for helping us keep
our patients and staff safe*

**NORTHLAND DISTRICT
HEALTH BOARD**

Te Poari Hauora Ā Rohe O Te Tai Tokerau

