

Coronavirus

Managing uncertainty and fear around COVID-19



KEEP UP TO DATE

but stick to credible information sources, such as www.covid19.govt.nz



FOCUS ON THINGS YOU CAN CONTROL

Wash your hands, get your flu vaccine and practice physical distancing



KEEP CONNECTED

to friends and family and support each other. Phone, text, talk over the fence or visit (keep 2m apart)



HEAD OUTSIDE IF YOU CAN

Physical activity and natural surroundings makes you feel better



KEEP IT IN PERSPECTIVE

For most people, COVID-19 will be flu-like symptoms



KEEP DOING THE THINGS YOU ENJOY

to make you feel happy and calm



TAKE A BREAK

from social media and be selective about what you follow



INVOLVE YOUR KIDS

Make a plan, teach kids how they can help, follow routines and be available to them



CONSIDER ASKING TO CHANGE THE SUBJECT,

if you're finding the COVID-19 conversation overwhelming

SUPPORT OPTIONS:

- **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.covid19.govt.nz
- **Check out some mindfulness apps such as:** Headspace, Calm, Insight Timer