



Western Cape
Government
Education



METROPOLITAN
Health

HOW TO KEEP HEALTHY WHILE SELF ISOLATING OR IN LOCKDOWN

LOCKDOWN, OR EVEN, SELF-ISOLATING IN A ROOM AWAY FROM OTHERS TO KEEP YOURSELF FROM CATCHING COVID-19 OR TO ENSURE OTHERS DON'T CATCH IT, CAN BE A VERY ANXIOUS AND LONELY TIME. HERE'S HOW YOU CAN COPE AND THRIVE.

Mental wellbeing

1



WHILE it's important to keep up to speed with all developments on the Coronavirus which causes COVID-19, you need not do so 24/7. Make time to watch a film or series, read a book, play a board game, or look at old family photos or videos.

Nurture yourself and make this time count – for you!

2



MANAGE your anxiety levels – these are very difficult times and it is quite normal to feel anxious and worry about your disrupted routines and the health of your family and friends.

If you are feeling anxious, connect with family and friends (safely, of course), get some fresh air and do an activity that you really enjoy.

3



USE this time to be creative or learn something new – there are some great online resources to help you out.

How about an online yoga class, or learning how to paint or dance? There are many resources and while you have time to yourself, make it about self-care and looking after yourself.

Emotional wellbeing

1



IF you have to work from home, keep to a routine and keep in contact with your colleagues.

Video call tech is great for virtual meetings. Make a work space for yourself and be clear about time set aside for work and for family.

2



IF you have children and they are not ill, start the day by setting a routine and activities for them so that the day doesn't lag. If they are older children, make them responsible for chores in the house. If you have a garden, make sure they get time outside in the sun.

3



BE mindful. The world has slowed down and there has never been a better time to take stock of what you are grateful for. Live in the moment, meditate, make a list of what you are grateful for – be it big or small. Appreciate the break from our normally fast-paced lives.



Don't forget:

▶ Drink lots of water and keep taking your vitamins.

Staying hydrated and making sure you have the right vitamins and minerals is key to keeping your body strong if it needs to fight off any infection.

Physical wellbeing

1



SLEEP. Your body cannot stay healthy or fight infection if you are sleep deprived. If you are struggling to sleep, take deep breaths and think of something calming to soothe you.

Read for a while and make sure your phone is not close you as the light and screen colour can keep you awake.

2



WHILE you may not be going to the gym, this doesn't mean you aren't able to exercise at all.

There are great home fitness, yoga and dance workouts online and spending at least 30 minutes a day getting some exercise will keep the blood flowing and the happy chemicals in your body stimulated.

3



EAT a healthy diet – make sure you get lots of fruit and vegetables, protein, and good carbohydrates.

Stay away from too much sugar, salt, overly processed and fatty foods. It's not the time for too many take-aways. Rather, enjoy the extra time you have at home to pull out those recipe books and cook a good meal!



How to:

▶ Self isolate in a small space if you have symptoms

It's best to keep distant from family and friends if you are sick by being in a separate room. Sometimes a crowded living environment doesn't allow for that. If that's the case then:

-  Wear a mask (following the hygiene regulations)
-  Do not sleep in the same bed as others if possible
-  Keep at least a metre from others at all times
-  Open windows and doors to ensure good ventilation.

Remember!

For more information, support and advice feel free to reach out to us on:

NICD CORONA VIRUS OUTBREAK 24-HOUR HOTLINE NUMBER: 0800 029 999
DEPARTMENT OF HEALTH WHATSAPP: 0600 123 456

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