



## Tips for feeling healthy and dealing with the fear during the quarantine – Easy-to-read

*Text by Anffas translated by Inclusion Europe.*



We are all spending a lot of time at home these days. This period is called quarantine. Quarantine is when we have to stay at home without going out and meeting other people.



We are in quarantine because of a virus called coronavirus.



During quarantine it is normal to feel emotions like:

- fear
- concern
- agitation
- sadness
- confusion.



You may also feel angry because your life has changed and you cannot go out. In this document we want to give you some advice on how to deal with the fear and concern during this time.

### 1. Stay home



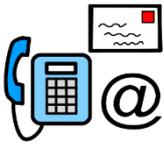
Right now, it's very important to stay at home. You can only go out for very important things,

like shopping or going to the doctor.  
If we all stay home,  
the quarantine will not last long.

## 2. Talk to someone you trust

When you feel worried or sad or confused,  
talk to someone you trust.

Someone you trust can be one of your parents,  
a brother, a friend, a carer.



You can talk to this person in person  
or call him or her on the phone, texting,  
or making a video call.

## 3. Stay healthy



Sleeping is important for our health!

For you to fall asleep better:

- Avoid drinking coffee or caffeinated drinks  
in the afternoon and evening.

- Do something relaxing before you fall asleep,  
like reading a book,  
watching a movie  
or taking a hot bath.



- Always try to go to sleep  
at the same time.

- Try to sleep at least 8 hours a night.

#### 4. Eat well

Eating well helps us feel good.

Here are some simple rules to follow:



- have 4 meals a day  
(breakfast, snack, lunch and dinner);



- eat fruit and vegetables every day;



- drink lots of water;

- avoid eating too much chips,  
biscuits and cakes during the day.

Cooking healthy food can be a nice activity  
to do at home.

#### 5. Do physical activity



You can even move around the house.  
You should do exercise every day.  
On the internet there are many videos  
of activities that you can do at home.

If you have a balcony or a garden  
take a walk in the sun every day.

#### 6. Make a schedule for your day



It can be useful to make a schedule for your day,  
perhaps together with your family  
or people living with you.

In this schedule you can write down

all the things you will do during the day and the time.

For example, a schedule for the day could be like this:



8.00 a.m.: wake up

8.30 am: breakfast

9.00 am: watch the news

9.30 am: reading



11.30 am: cooking

12.30 pm: eating lunch

2.00 p.m.: taking a nap

15.00: doing exercise

4.00 p.m.: eating a snack



4.30 pm: calling your friends

5.30 pm: watching a movie

19.00: cooking dinner



8.30 pm: eating dinner

10.00 p.m.: sleeping

This is just an example.

Try creating your schedule of the week with the things you like the most!

## 7. Do things that are fun and relax you

Every day you should do fun and relaxing things! You can use this time at home to do things like:



- reading,

- drawing,

- listening to the music,

- cooking,

- resting,
- writing about your day, your feeling,
- watching a movie,
- do a puzzle,

or whatever it is you like to do,  
alone or in company!

## 8. Talk to the people you love



We can stay in touch with the people we love at home.



You can use your phone, WhatsApp, Skype, video calls, emails to talk to your friends and family.

If you need help, ask someone to find the best way for you to talk to the people you love.

## 9. Choose the information you read

There is a lot of information about the coronavirus these days.

Some information may be true, others are false.



It is important to pay attention only to a little information and not to believe everything we read, especially on social media like Facebook.

Here is some tips on how you can make the right choice of information:

- Decide two times a day to inform yourself (e.g. morning and evening.)

- Listen and read the information coming from the news  
or the websites of the Government  
and the Ministry of Health.

- Ask for help from those close to you  
to better understand the information.

### **10. Ask for help if you need it**



If you really feel too worried or upset,  
ask for help to your parents  
or people close to you.

Ask to speak to a psychologist  
or to your reference educator/operator.