

Coronavirus: introduction booklet



Coronavirus has meant we have all had to make changes to our lives.

We have not always been able to see our family and friends and we have not always been able to do our usual activities. We are all still getting used to these changes and what we can and can't do sometimes changes.

The differences in our lives and the rules for dealing with coronavirus can leave us feeling worried and confused. We may be worried about our own health and the health of our family and friends. We may be worried about the future and how long we will have to live with these changes to our usual routines.



This is part of a series of booklets for you to use, along with someone you live with, family member, friend or worker. The booklets can help you with your feelings. Remember it is normal to feel sad, angry, anxious, or not be sleeping well.

But it is important to talk about these feelings. It can be hard to talk but talking about how you feel can make you feel better.

If you don't live with your family, not seeing them can make you feel upset. You may not see your workers either. If we are unable to see our friends and family there are lots of ways to keep in touch: texting, phone call, email, video calling.



The booklets

There are lots of booklets to choose from. You can use all the booklets or just choose the ones that you need. It is up to you.

To help you understand your feelings

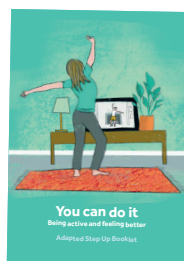
If you feel down:



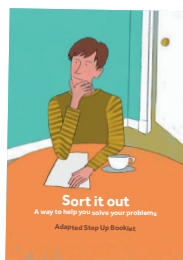
If you feel anxious:



Being more active:



Solving your problems:



Sleeping better:



Relaxing (video):
<https://vimeo.com/415101342>



If you live with someone or have family, friends or visiting workers, ask them to look at the booklets with you. If you live on your own you can ask someone to talk through the booklets with you on the phone or using a computer. Sometimes it is hard to say how you are feeling. The booklets have stories and questions to help you think about how you are feeling. They also have practical suggestions of how you can feel better!



Challenges

We all have different living situations.

You may live with family.

In March, Tim was feeling frustrated with his sister and worried about his mom and dad becoming ill. Tim's day centre has not reopened and he is feeling very lonely. Tim is now having difficulty sleeping. He stays up late at night watching the news because he worries about changes to the rules. Sometimes Tim doesn't fall asleep until 3am.



You may live in a shared house.

During lockdown Claire missed going to the gym and visiting her mom. Over the summer, Claire restarted at the gym and was able to see her mom everyday. In her area there are new rules and she now cannot meet up with her mom and the gym has closed again.



You may live on your own.

Louise lives on her own in an apartment. Louise has asthma and has been staying away from other people since March. This meant that she had to stay in all the time and couldn't go to work at the supermarket. In August, the rules changed and Louise was asked to return to work. Louise felt anxious and upset at the thought of leaving her house after so long.



Tim, Claire and Louise are all facing different challenges. Tim isn't able to go out as much as he wants and is having trouble sleeping. Claire is not able to do her usual routines. Louise is anxious about going back to work.

No matter what our living situation we are all facing challenges. We can use the talking points in the following booklets to open up about our feelings, talk to someone we live with, or a visiting worker and try to work together.

The advice in the booklets can help with how to deal with difficult feelings such as feeling down or feeling frustrated at not being able to go out. They can help with planning a routine, relaxation exercises, and sleep.

Tim, Claire and Louise have been able to work through the booklet.



Tim used the 'A Good Night's Sleep' booklet with his mom. Tim has used the tips in the book to help him switch off and get to sleep. He no longer watches the news late at night and this helps him not to worry.



Claire used the 'Feeling Down' and 'Anxiety' booklets with her worker. They helped her talk about her worries. Claire had been doing workouts on YouTube but her worker suggested they do Couch to 5k together. Claire is enjoying exercising outside in the fresh air, even when it rains! This has improved her mood and wellbeing.



Louise looked at the 'Anxiety' booklet with her worker. Louise's worker has helped her arrange a meeting with her manager to talk about her worries. Louise's manager explained how Louise can wear a mask at work and this has helped her to feel safe. She tried a few different masks and found a colourful one that is comfortable. She has now returned to work and is enjoying being back in her usual routine.

New words

Some of the words that we hear used on TV and on the radio are new and difficult to understand. This is a list of some of these words and what they mean.

Lockdown: This word sounds frightening but isn't. The government may ask us to stay at home apart from shopping for food, or exercise. To help with this some shops and restaurants may close. You can still go out to get food, daily exercise, or if you need medical help.

Vulnerable: Some people are more likely to be very ill if they catch Covid 19. These people are vulnerable and may need to do extra things to stay safe. This means even when some other people are going back outside and doing activities, they may have to stay at home.

Covid 19: This is the name of the specific type of coronavirus that is spreading worldwide.

Virus: A small particle that can infect a person and make them ill. Colds and chickenpox are both common types of virus.

Isolation: Keeping yourself away from other people. For example, if you start to feel ill with a temperature (fever), or cough, you should not go outside. You may also be asked to isolate if you have been close to someone with coronavirus.

New words - continued

Social Distancing: We should keep a physical distance from people we don't live with. On a walk or cycle we should keep 2 metres (a car length) away from other people. It means that you should not go out to visit family and friends or have visitors. You can still call people on the phone, talk via a video call such as FaceTime, WhatAapp, Skype or Zoom.

811: is a number to call in many provinces if you need some help if you have questions and are feeling ill. In Ontario you can call Telehealth Ontario 1-866-797-0000.

Masks: If we can, we should wear face masks in shops, on the bus, at health appointments or other indoor places. The mask should cover our noses and mouths.

Covid test: If you become ill, you may have a swab test to see if you have coronavirus. A swab is a long cotton bud and it goes in your nose all the way back for a second and is rubbed there.

How do we know if something we hear about coronavirus is true?

We might hear something that frightens us or makes us feel upset. Sometimes we can hear or see things (especially on the internet) that are untrue.

Good sources of information:



Television news sites like CBC.
www.cbc.ca



The HCARDD website
www.hcarddcovid.com/info



Call and ask a trusted staff member/friend/family member



Government of Canada

The government website
www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html

We hope you find these booklets useful.
If you have any feedback for the team,
please contact us on:
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