So, what is COVID-19?

Well, it is a new illness that can affect your lungs and airways. It is caused by a virus called coronavirus. It can affect people of any age and anyone with an underlying health condition could be seriously ill or die from it.

One of the signs of the virus is a high temperature. You will know if you have this because your chest or back will feel hot to the touch. You won’t need to take your temperature.

The other sign is a new, continuous cough. This will mean that you have been coughing a lot for more than an hour or had 3 or more periods of coughing in a 24 hour period.

If you have one or both signs you should contact the coronavirus service on 111, or visit https://111.nhs.uk/covid-19

DO NOT GO TO YOUR GP, THE WALK IN CENTRE OR A&E.

If someone you live with shows the signs of coronavirus, you will all need to stay in the house for 14 days. This will start from the first day that the first person started showing the signs. You must stay not go out until the symptoms stop.

If someone in your household has received a letter to say they are high risk due to medical conditions, everyone else in the family must stay in also (in case they bring the virus into the house from being outside).
Wash your hands regularly, before you go out and when you return home and don’t touch your face until you have washed your hands. The virus can spread from your hands by touching your face.

Do you need help with shopping, medication or need someone local to talk to?
If you are feeling isolated due to COVID-19 and would like someone to talk to, or help in getting essential items, call 01744 676767 or email contactcares@sthelens.gov.uk

Worried about things at home?
There are a number of services you can contact:
Childline—0800 1111 or chat online to a counselor: https://www.childline.org.uk/
Kooth—online counselling and support: https://www.kooth.com/ there are lots of activities and things to help you

Domestic abuse help—if things get really bad at home and you need urgent help from the police call 999. If, for what ever reason you are unable to speak but can make a noise, like a cough or a cry then dial 999 and press 55
Safe2speak: help, support and advice to victims of domestic abuse. If you are looking for support call them on 01744 743200.
If you are looking for emergency accommodation in relation to domestic abuse you can contact their 24-hour helpline on 01925 220541.
If it is not safe to call you can access online support through their website safe2speak.co.uk but do call 999 if it is an emergency

Bored at home and unsure what to do?
Try a number of new things to help pass the time away:
Baking cakes or biscuits—you can download lots of recipes if you have internet access or ask your keyworker to help you with finding some.
Learn a new hobby or skill
Exercise at home—how many times can you go up and down the stairs each day?
Learn new card games, play solitaire on your own or “4 of one and 3 of the other” with your household.
Take some time to do some colouring in—it really does help!
Learn some new dance routines or football skills (how many keepy-uppies can you do?)
Do crosswords or word searches
Keep a journal or diary of your day to day feelings and thoughts.
Don’t forget to breathe……..

Breathing exercises

These exercises aim to switch off the adrenalin response, relax your body and calm your mind. A count is around a second.

Exercise: Energy breathing

This exercise brings more oxygen into your body and energises. If you do this and also have a big glass of water, you will find you will have more energy. Do this exercise standing rather than sitting.

breathe in for five counts
hold for 20
breathe out for 10
repeat three times

Good for creating energy – best done outside or by a window to get some cool fresh air. It is also good first thing in the morning or before an exercise workout.

Do the rest of these exercises sitting down.

Exercise: Square breathing

breathe in for four counts
hold for four counts
breathe out for four counts
hold for four counts

This is a yoga-style breathing technique. It focuses your mind on the breathing (and not the issue or problem), calms your body and reduces your heart rate. This is an excellent technique to do anywhere.

Exercise: Calming breath

breathe in for seven counts
don’t hold
breathe out for nine counts

Commonly used for inducing calm during panic attacks. Can be used anywhere anytime and is especially good to use during arguments before you react or speak.

Exercise: Alternate nostrils

*lightly hold your thumb to the side of one nostril and your index finger to the side of the other nostril
*breathe in and out three times normally
*on the fourth inhalation, close the nostril with your thumb and breathe out through the open nostril
*inhale through the open nostril
*release your thumb and use your index finger to close the open nostril, releasing the other nostril
*now breathe out through the open nostril
*breathe in through the open nostril
*then swap to the thumb to cover the open nostril and continue.
*swap nostrils for rounds of inhalations and exhalations around eight times

This is also a yoga breathing technique and has the same affects as the previous exercise. One to be done in private and not when you have a cold!!

Remember a good’s night sleep is also good for the soul! Try to go to bed early, maybe have a soak in the bath first. Avoid any electronic devices (such as phones or tablets) or TV when it is late. Read a book or a magazine. Avoid tea or coffee or sugary drinks and food. Set an alarm to get up in the morning (as you would if you were going to school) so you aren’t staying in bed for most of the day!
Other useful ideas..... You can also take this extra time to watch the box set you’ve been promising yourself, or listen to some podcasts. You could have a movie day for yourself or join in with some on line exercise classes on Youtube, or you could try drawing or painting.

You could learn to knit or crochet, there are loads of videos on Youtube that will show you what to do.

Whatever you do we’d love it if you could take a picture and send it to us.

Don’t worry, you don’t have to be in it, unless you want to be, just share with us how you are managing to pass the time.

But most important of all, stay safe and keep well. Follow all of the government guide-lines, and if you are not sure about what any of them mean give your keyworker a call and we can work it out together!

We hope that you have found the information here helpful. If there are any hints and tips or any feedback you want to give us please pass it on to your keyworker at YJS or YPDAAT.

Remember, we are all in this together, and hopefully everything will be back to normal before we know it.

Take care of yourselves, and keep in touch.

All at Youth Justice Service and YPDAAT!

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**Popular Pizza Toppings**

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L C T O E I S S C U T S N S
C O N N R I C O T A A M I A
S A A O S G A E N U N U N V
C A L C L P I A S O O S C O
T U P A M O E A H R O H I C
H B G B B L G A O U R R N A
O T G A S E O E N N O I D
N T E U O N E B A U U O H O
S P I N A C H F S A T M C S
T R C H I C K E N T C S C U
O T T I U C S O R P E I U P
S U N O S A L A M I P R Z U
T A P I N C I L A N T R O H
T G N S S S N O I N O M C H
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Play this puzzle online at: http://thewordsearch.com/puzzle/153/

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C & O & N & N & R & I & C & O & T & A & A & M & I & A \\
C & A & L & C & L & P & I & A & S & O & O & S & C & O \\
T & U & P & A & M & O & E & A & H & R & O & H & I & C \\
H & B & G & B & B & L & G & A & O & U & R & R & N & A \\
O & T & G & A & S & E & O & E & N & N & O & I & D \\
N & T & E & U & O & N & E & B & A & U & U & O & H & O \\
T & R & C & H & I & C & K & E & N & T & C & S & C & U \\
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