

## Take charge. Protect yourself.

### How to take charge of your health and life.

There is plenty you can do to protect yourself, and your friends and family. The first thing to know is that your behaviour matters in terms of how the coronavirus pandemic plays out. The actions of individuals are just as important – if not more so. Please take your situation seriously, adopt a healthy lifestyle – it can only improve your immunity – and be considerate of others.

**Here is what you need to do** if you self-isolate because you have cold-like symptoms, or been in touch with someone who has a confirmed case of coronavirus, or because you have returned from overseas travel:

- Sleep in a separate room with good ventilation.
- Use the time to rest or to enjoy some light activities such as reading, puzzles or painting.
- If you have two bathrooms in the house, use one separate from everybody else.
- Avoid contact with other people as much as possible, including the people you live with.
- From the start, communicate to your fellow residents how meals and laundry need to be managed.
- If possible, have your meals dropped off at your door.
- If you live alone and need shopping done, ask a friend – do not go to the shops.
- If you need to go into the same room with other people, wash your hands and wear a face mask if you have one. If you don't have a face mask, stay at least 1.5 metres away from other people.

- Put your laundry in a plastic bag and have someone collect it from your bedroom door. They should wear rubber gloves. They should wash the laundry at the highest temperature for the material, with a laundry detergent. They should clean all surfaces and the area around the washing machine. They should wash the rubber gloves while still wearing them. Then wash their hands thoroughly with soap and water after removing the gloves.
- Wipe the doorknobs clean whenever you go about the house, even if you live alone.
- Wash your hands properly and often.
- Do not have visitors to your home.
- Do not use public transport.
- Keep in touch with other people by phone or video call.
- Keep in touch with your doctor, if your symptoms change.



### To stay healthy and boost your immunity:

- **Adopt a healthy diet, plenty of fruit and vegetables.** High fibre foods promote good gut health which in turn strengthens immunity.
- **Drink at least two litres of water a day:** a flushed body is a healthy body.
- **Go to bed earlier to get good sleep:** people who sleep too little are more prone to illness.
- **Exercise (not too heavily) or meditate** - it's good for stress. Get the heartbeat going, breathe deeply: it clears your passages and lungs of bacteria, wards off chronic illness and boosts white blood cells.
- **Work to keep your stress levels low.** You'll have noticed that in times of stress you're more prone to becoming ill.
- **Drink alcohol in moderation.** Going hard is hard on your immune system. Alcohol disrupts the gut barrier, allowing more bacteria to pass into the blood. Excessive drinking reduces the number and functional viability of key players in your immune system.
- **Consider limiting your smoking.** Coronavirus is a respiratory disease. Smoking affects the health of your respiratory system which may cause further complications with this virus.

### Going out in public, how to keep yourself and others safe:

- Avoid crowds, especially indoors. **Please apply the 4sqM per person rule when indoors.**
- Avoid close contact with anyone who is ill.
- Adopt social distancing practices: suspend handshakes and hugging. You're better off keeping 1.5 metres away from other people.
- Go for a walk or a run when the streets are quieter.
- Do not cough and splutter without covering yourself: cough or sneeze into a tissue or into your sleeve or elbow.
- Do not sneeze into your bare hands and then wipe your hands on your clothes.
- If you must take public transport, avoid crowded times, keep your distance from other passengers and wash your hands for at least 20 seconds at the earliest opportunity.
- Keep your hands away from your eyes, nose and mouth. Touching the mucous membranes on your face with your dirty hands allows germs that cause respiratory infections to enter the body.
- Do not share bottles, cups and uncleaned utensils / cutlery.
- Frequently wash your hands, for at least 20 seconds.
- If you're sick, you should be home.

**Think of other people. We're in this together.**

**We can all make a difference** as to how coronavirus plays out.