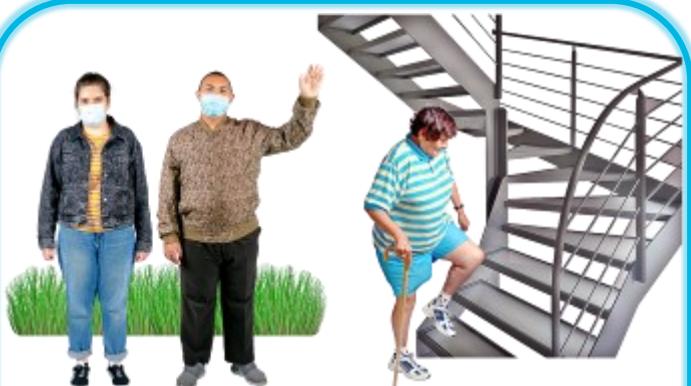




My Covid Winter Plan



Keep safe in this
Covid Winter



Keep well,
Keep moving



Keep happy,
Keep connected



Keep warm,
keep safe

All about My Covid Winter Plan



Winter can be a really hard time.

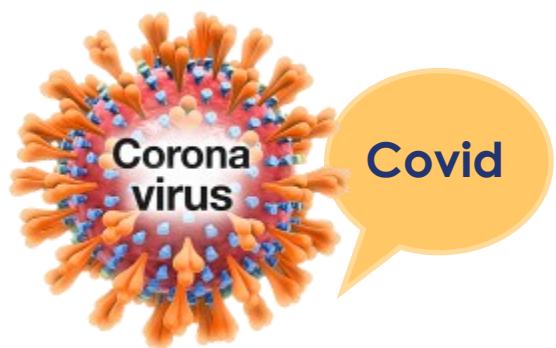
It is always good to plan ahead to try and be safe and well.

This plan can help you with that.



This year at advocacy groups people said they are more worried because of **Covid19** (which is the coronavirus).

Getting ill feels more scary when the weather is bad and hospitals are busy because of winter illnesses.



Covid19 is the coronavirus which has gone round the world this year.

We will just call this **Covid** in our plan as it is an easier word.



We got some money to make a workbook to help people plan ahead. People with learning disabilities came up with the ideas and made this book.



We also got some money so we can give people practical help to make things a bit better this Covid winter.



We will send this plan out to all our members in Norfolk.



We will put this plan onto our website so that anyone can download it.



01603
631433

If you know someone you think would find this helpful call us and we can send them a copy.



How to use My Covid Winter Plan



My Covid Winter Plan helps you to think ahead. If you know what to do when things go wrong it helps you worry less.



Go through this plan and try to fill in as many bits as you can.

Think about what **you** can do for yourself to make things better.

It is good to share ideas and talk it through with someone you trust.



As you go through you might realise some practical things you need.

Take a look at the **Winter Support postcard** and mark anything you need.



Just put the **Winter Support postcard** in a freepost Opening Doors envelope and ask someone to post it for you.

It does not need a stamp.



We will send you a **Winter Support Pack** with the things you have asked for.

This is **free** to have.

Symptom checker	
Is it a cold or Covid ?	
What illness is it?	The symptoms How you might feel
Winter Flu	Headache, chills, aches, tired, aches and pains
A cold	More easily able to smell, Runny nose, Itchy nose, Itchy cough
Covid 19	You are more easily able to smell, You have a dry, non-productive cough, You feel like you cannot breath

Things to look out for	
These are called symptoms	
Things to help you feel better	Who can help you
Lots of rest and sleep, Try to drink lots of water, Please contact 111 or your doctor	Nurses, GP Doctors, Pharmacists
Lots of rest and sleep, Try to drink lots of water, Please contact 111 or your doctor	Nurses, GP Doctors, Pharmacists
Break a sweat trying to sit up, Try to drink lots of water, Please contact 111 or your doctor	Nurses, GP Doctors, Pharmacists

This plan has a **symptom checker** in. **Symptoms** are the things to look out for in different illnesses.

It can be hard to tell if you have a cold, flu or **Covid**. The **symptom checker** is there to help you.



If you feel unwell check the **symptom checker** on pages 6 and 7.

If you have **Covid** symptoms then **stay at home** and call 111 for advice.



Symptom checker

Is it a cold or Covid?

What illness is it?

The symptoms

How you might feel



Winter Flu



Hot and
cold sweats



Feeling
sleepy



Aches and
pains



A cold



Not being
able to smell



Runny
nose



Ticky
cough



Covid 19



Fever with a high
temperature and
feel hot



A new cough
that will not stop



You lose your
sense of taste
or smell



Things to look out for

These are called symptoms

Things to help you feel better

Who can help you



Lots of rest and sleep



Try to drink lots of water



Paracetamol or Ibuprofen



Pharmacy



GP Surgery



Lots of rest and sleep



Try to drink lots of water



Paracetamol or Ibuprofen



Pharmacy



Rest but try to sit up



Try to drink lots of water



Paracetamol or Ibuprofen





Keep safe in this Covid Winter



All the time we must remember to stick to the rules of **hands**, **face**, **space**.

This is very important to try and help everyone to stay safe from the virus.



Wash your hands
lots of times each day



If you can wear a
mask or face covering



Remember to stick to
social distancing



We have to follow the rules for the area we live in.

Different parts of the country are set as **medium**, **high** or **very high** alert risk.

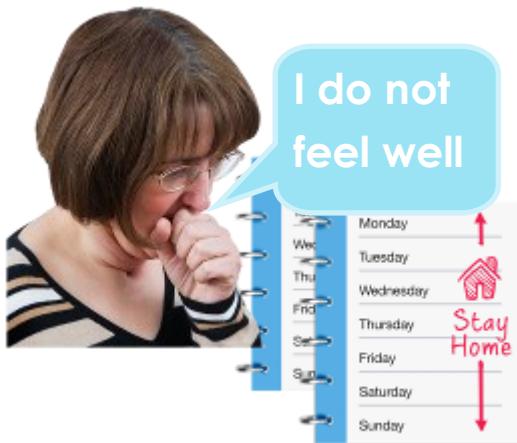
Different alert risks have different rules.



The alert risks will change as the virus levels go up and down.



What if you have Covid symptoms?



Tell someone like a family member or a supporter.

You and the people you live with must stay at home.

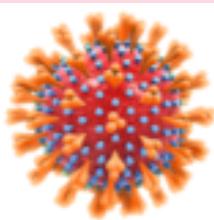
You must not have any visitors round to your house.



To get a Covid test call **119** and tell them that you feel unwell.

You may be sent to a test centre or a test will be posted to you.

You should get your result back in **2 days**



If your test says you
DO have Covid



You must **stay at home** for **10 days**
People you live with must **stay at home** for **10 days**



If your test says you
DO NOT have Covid



You and people you live with do not have to stay in if tests are negative



Keep safe in this Covid Winter

Some things that can go wrong when the weather is bad

You might feel unwell



We may be in lockdown or be self isolating



Supporters cannot get out to you



Ideas to make things better

Do things that help you cope with staying in



Ring before you leave for health appointments to check it is still on



Video call or phone family and friends





How I can help myself If I have signs of Covid

Write or draw what **you** can do



Follow the
Covid rules



Get in food to last a week
Book food delivery slots



Save important numbers
your doctor, supporters and
111 for if you need help





Keep well

Some things that can go wrong when the weather is bad

You run out of medication



You miss health appointments



Supporters cannot get out to you



Ideas to make things better

Ask the pharmacy if your medication can be delivered



Ring before you leave to check if your health appointment is still on



Call family or friends





How I can help myself to keep well

Write or draw what **you** can do

Think about support



Work out who
you can ask
for help

Plan ahead



Make sure you have
enough medication

Get important numbers



Save numbers like your doctor,
pharmacy and supporters.





Keep moving

Some things that can go wrong when the weather is bad

**You get stiff and
get more pain**



**You feel bad and
uncomfortable**



**You feel lonely
and unhappy**

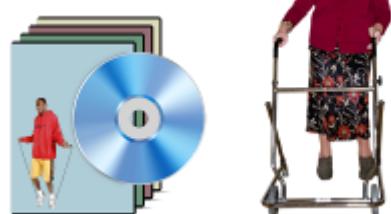


Ideas to make things better

**Doing housework
gets you moving**



**See if you can do
an exercise DVD or
YouTube video**



**Try going for a walk
even if you
just walk
at home**





How I can help myself to keep moving

Write or draw things **you** can do

Keep fit



Listen and dance
to music



Try arts and crafts



Look for exercises
on the computer





Keep happy

Some things that can go wrong when the weather is bad

You stop looking after yourself



You stop taking your medication



You are lonely and overthink things



Ideas to make things better

Open your curtains in the morning and try to get some fresh air



Try to do one nice thing at home each day



Set an alarm to remind you to take your medication





How I can help myself to keep happy

Write or draw things **you** can do

Try hobbies to take
your mind off things



Put up nice pictures





Keep connected

Some things that can go wrong when the weather is bad

You miss your friends and feel lonely



You stop talking to people and feel cross



Ideas to make things better

Try to keep talking to friends maybe online



Arrange to phone or videocall a friend to catch up together



You and a friend could watch the same film then talk about it on the phone





How I can help myself keep connected

Write or draw things **you** can do

Set a time to ring a friend and have a tea break on the phone



Keep in touch with friends even if you cannot meet up





Keep warm

Some things that can go wrong when the weather is bad

You worry about having heating on at home because of the bills



You get really cold when you are out



Ideas to make things better

Check you are getting winter benefits



Put your hat, scarf and gloves where you will not forget them when you go out



Use a hot water bottle or a hand warmer



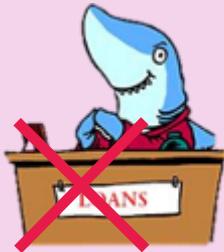


How I can help myself

Keep warm this winter

Write or draw things **you** can do

Ask for help
from safe places



Opening Doors have some
winter boxes to give out





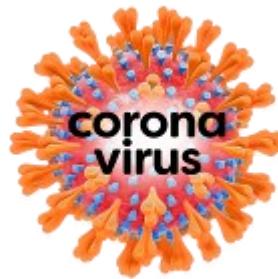
Keep safe

Some things that can go wrong when the weather is bad

You run out of food at home or you are short of money



You are scared of catching Covid



Ideas to make things better

Keep to social distancing



Contact the local food bank if you are struggling to pay for food





How I can help myself keep safe

Write or draw things **you** can do

Try not to go out in the dark on your own



Watch out for scams



Places you can get help

If you feel very upset



116
123

If you are ill and need support



111



Norfolk County Council



01603
306700

To contact the police



If you are in danger



999



Non-emergency
101

To contact Opening Doors



01603
631433



admin@openingdoors.org.uk



www.openingdoors.org.uk



Opening Doors

