

Coronavirus Household Resilience Plan



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Many people are self isolating because of the Coronavirus, supported by their family and friends, neighbours and local community. Perhaps you have already volunteered to help other people.

Now is the time to think about what you would do if you caught the virus, and your household needed to stay at home for 14 days. Who would support you? Who would take on any caring roles you have? Take some time today to talk it through with your family and friends. **Use this booklet as a guide.**

If you have to self-isolate:

Who can support us (e.g. food shopping, collect prescriptions etc.)?

Who:

Who:

Mobile:

Mobile:

What local shops / pubs / takeaways offer deliveries?

Name:

Phone Number:

Who can look after our pets / take the dogs for a walk?

Name:

Phone Number:

Who relies on us for support at the moment?

Who can help them whilst we self isolate?

Who relies on you for help?

Who relies on you for help?

What support do they need?

What support do they need?

Who can help them if you can't?

Who can help them if you can't?

Other Contact Numbers

Think about what other contact numbers are helpful such as neighbours, employer, chemist, NHS 111

www.gov.uk

www.northlincs.gov.uk

www.nhs.uk

NHS 111

goodsampp.org/nhs

www.eastriding.gov.uk

www.hullcc.co.uk

www.nelincs.gov.uk

Tips / advice if you have to self isolate:

- ✓ Think about how you can carry out some of your normal routine – still get up and get dressed each day.
- ✓ Make sure you do some form of exercise/ consider a daily workout. Look for ideas on the NHS website.
- ✓ Try to eat healthy, well balanced meals and drink enough water.
- ✓ Keep your windows open to let in fresh air, get some natural sunlight if you can or get outside into the garden.
- ✓ Spend some time doing the things you enjoy - such as reading, cooking, other indoor hobbies or listen to the radio or watch the TV.
- ✓ Keep in contact with friends and family regularly to maintain some social contact over the phone or online. Let people know how you would like to stay in touch and build that into your routine.
- ✓ Set up a safe place for deliveries if your doorstep is on a street front.
- ✓ If you are self-isolating in a shared environment and you are able to, have a cleaning regime set up including cleaning door handles, frequently used surfaces, tea towels and bath towels.
- ✓ Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking news alerts on your phone.
- ✓ Always refer to the NHS for the official sources of advice on Coronavirus www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/
- ✓ Contact your local authority if you have no other means of support and need help to access essential items or services.

Keeping Safe At Home

- ✓ There may be people knocking on your door wanting to help. Check people's identification if you are not expecting them to visit and don't do anything that makes you feel uncomfortable.
- ✓ Don't give or loan people money if you don't know them or if it doesn't feel safe to do so.
- ✓ Keep your personal information safe and don't share any account details with people you don't know and trust.
- ✓ Keep an eye out for suspicious activity or visitors to your neighbours, particularly those who may be more vulnerable, and report this to the Police if you feel concerned.

