

# Coronavirus: introduction booklet

Version 3 | December 2021



## Coronavirus has made 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 coronavirus. What we can do and what we cannot do also sometimes changes.

The changes 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, sad, or angry about the changes to our lives.



This is part of a series of booklets for you to use, along with someone you live with, a 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, and cannot see them in person, there are lots of ways to keep in touch: Texting, phone call, email, or video calling like Zoom.





## The booklets

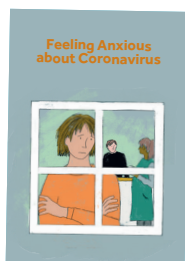
There are lots of booklets to choose from. You can use all the booklets or just choose the ones that you need. It is up to you.

### To help you understand your feelings

If you feel down:



If you feel worried:

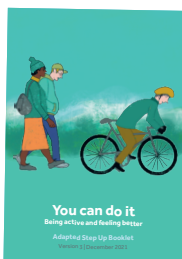


If you feel angry a lot:



### To help you feel better if you are feeling down, or worried

Being more active:



Solving your problems:



Sleeping better:



Relaxing (video):



[www.sclد.org.uk/information-on-coronavirus/](http://www.sclد.org.uk/information-on-coronavirus/)



If you live with someone or have 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 by video call. 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 ideas about things you can do to make you feel better!



## Challenges

We all have different living situations.

### You may live with family.

Tim's Day Centre has reopened but his keyworker has left. Tim is angry that his old keyworker left because they got on well and liked the same TV programmes. Tim feels very angry at the changes in his life.



### You may live in a shared house.

Claire loves to exercise and has loved going back to the gym and swimming pool. She has not had her coronavirus vaccine because she is scared of needles. Her carers keep asking if they can book her in for her vaccine. Claire wants to be vaccinated but she is scared.



## You may live on your own.

Louise lives on her own in a flat. Louise has asthma and has returned to work at the supermarket. She enjoys being back at work but still worries that she could catch coronavirus. She is finding it hard to sleep as her worries keep her awake.



Tim, Claire and Louise are all facing different challenges. Tim is angry because of the changes in his routine. Claire is too anxious to be vaccinated. Louise is having trouble sleeping.

We all find things hard at times. We can use the booklets to talk to someone about our feelings. It might be someone we live with, a family member or a visiting worker. Working on the booklets together can help us feel better.

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 booklets.



Tim used the 'Anger' booklet with the staff at the day centre. They helped him to understand that anger is normal. It is OK to be upset that his keyworker has left. They talked about ways of coping with anger and have tried to help Tim get to know the new members of staff better.



Claire used the 'Anxiety' booklet with her carer. They chatted about how Claire loves to keep healthy and being vaccinated will keep her healthy. The techniques in the anxiety booklet helped Claire to stay calm when she went to be vaccinated.



Louise looked at the 'Good Night's Sleep' booklet with a friend. She helped Louise to make her bedroom a calm and relaxing space. Louise now follows her bedtime routine so she gets to sleep easily and has more energy the next day at work.

## 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:** The government may ask us to stay at home apart from shopping for food, or exercise outdoors. To help with this some shops, cafes, pubs 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. The NHS will have contacted you if they think you are vulnerable.

**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 at home and away from other people. You may be asked to isolate if you feel ill with coronavirus symptoms or if you have been close to someone with coronavirus.

## New words - continued

**Social Distancing:** We may be asked to keep a distance from people we don't live with. You may be asked to keep 2 metres (a car length) away from other people. You can still call people on the phone, and talk via a video call such as facetime, Whatsapp, Skype or Zoom.

**111:** This is the telephone number for the NHS. You can call this number if you feel very ill. You can get information on the NHS website.

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

**Swab Test:** You may have a swab test to see if you have coronavirus. A swab is a long cotton bud and it is rubbed at the back of your mouth and up your nose.

**Vaccine:** A vaccine can help stop us getting ill and stop us spreading coronavirus as easily. The NHS should have contacted you to offer you a vaccine.



## 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:



BBC website/  
TV/radio.



Television news  
channel such as  
Sky



Government  
website – NHS



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

We hope you find these booklets useful.  
If you have any feedback for the team,  
please contact us on:  
[ihw-cope@glasgow.ac.uk](mailto:ihw-cope@glasgow.ac.uk)



This booklet was produced by  
University of Glasgow

Illustrations © Heedi Design