



Coronavirus

Stay in, stay well

You might be worrying about these things

Running out of medication



Missing health appointments



People cannot come to visit



Things **you** or people who support you can do

Check with your pharmacy about how to get your medication



Call someone you trust and ask for help to find out about appointments



Call family or friends for a chat





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Make sure you have enough food and supplies at home.

Ask a family member, caregiver or support worker to go shopping or try to order food online.



Ask a family member, caregiver or support worker to help you cook lots for your freezer if you can.

Try to eat healthy foods.



Check your medication and order some if you need to.

Ask a family member, caregiver or support worker to help you decide when you must order more.



Coronavirus

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Keep paying your bills if you can or ask for help if you need it.



Keep important phone numbers in a place you can find them.

Make plans to talk with friends on the phone or text because you cannot visit them.



Plan things to do at home.

Call a friend and get ideas of how you can keep busy to try and have fun.

Look out for each other - be kind.