



# COVID-19 TIPS FOR SELF-ISOLATING

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# TIPS FOR SELF-ISOLATING

This is new for all of us and doesn't come naturally. We have put together some tips and ideas which may help you through this difficult period.

## Connect with people

- Arrange phone calls or video calls with people that you would usually see in person.
- Decide with friends or family to read the same book or watch the same film and have a phone or video call to discuss it.
- Look through and put up more pictures of loved ones.
- Turn on the television or listen to the radio if home is starting to feel quiet.

## Keep a routine

- Try to follow your normal routine as much as possible i.e. getting up and going to bed at the same time.
- It may also be a time to change your routine, for example spending more time doing a hobby you enjoy or learn something new.

- If you live with other people, try and create a household routine ensuring that you give each other space if needed. Some people will want to talk, whereas others might not.

## Try to keep active if you can

- Take a walk and get some exercise and fresh air either in the garden or open space at least once a day if mobility allows. Even going up and down the stairs or doing seated exercises can keep you moving.
- Get up from your seat every hour if possible and do something.
- Your mind needs to keep active as well!! Set aside time in your routine to read, listen to the radio, watch the television - quiz shows and films. Puzzle books, crosswords and on-line apps can keep the brain active.

Based on a document compiled by Accelerate [acceleratecic.com](https://www.acceleratecic.com)



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