

Additional Information



Washing your hands- This should be carried out for a minimum of 20 seconds. Click on the link below for a simple guide to hand washing:

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>



Wearing Gloves- You may feel safer wearing gloves, it is important to adhere to the same hygiene rules and dispose of gloves safely once you have finished using them.

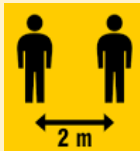


Wearing a mask- Please click on the link below for more information and advice on how to wear a mask safely:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

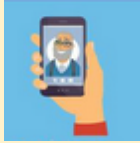


Spend Time Outside- Getting some fresh air can make us feel better, time in your garden or a local walk can improve your physical and mental health.



Keep 2 meters apart- If someone is too close ask them to step back. If you are in public and feel uncomfortable as people are not adhering to Physical Distancing rules, it is OK to go home. You can try another time when it may be less busy. If you need to visit the supermarket you can check to see when the quietest times are:

<https://www.howtogeek.com/668798/how-to-see-how-busy-a-store-is-right-now-with-google-maps/>



Keep in contact-Not everyone has family and friends to keep in contact with. Social Media platforms, online communities/ forums and helplines can be useful if you want to keep in touch with others. Please see the links below for some suggestions:

<https://autisticuk.org/>

<https://twitter.com/asdinfowales>

<https://www.ageuk.org.uk/cymru/>



Exercise- Moving our bodies and increasing our heart rate is an important part of staying healthy, both physically and mentally. Try and get some physical exercise for more information and a useful infographic please click on the link below:

<https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>



Help and Support- If you need help and support there are several helplines and organisations that may be able to help:

<https://www.ageuk.org.uk/cymru/>

<https://youngminds.org.uk>

<https://www.anxietyuk.org.uk/>

<http://callhelpline.org.uk/>

<https://thirdsectorsupport.wales/> can advise on support available to help with such activities as food shopping.



Eat Healthily- It is important to maintain a healthy and balanced diet. What we eat will affect not only our physical health but our emotional health too. Please click below to find out about "The Eat Well Guide":

<https://www.gov.uk/government/publications/the-eatwell-guide>



Practice Relaxation- During challenging times we need to take care of our emotional and mental health. Meditation and yoga are great ways of doing this. They help our bodies to rest and repair. Click on the links below to find out more:

<https://www.asdinfo.wales.co.uk/news/yoga-mindfulness-and-autism>



Plan your day- Whilst we all need a daily routine; waking up, get washed, get dressed, eat breakfast etc. It is Ok for our daily plans to change, if you visit the supermarket and you become overwhelmed it's ok to go home and relax. You can always try again another day.



Limit news and social media- Try to limit the amount of times you check the news; we can feel overwhelmed by too much negative information.