

# Coronavirus (COVID-19) Looking After Yourself

Some practical tips and where to go for more support



**FOCUS ON YOUR  
RELATIONSHIPS**



**TAKE A BREAK FROM  
FOLLOWING THE NEWS  
& SOCIAL MEDIA**



**STICK TO YOUR  
ROUTINES  
IF YOU CAN**



**REST.  
TIME OUT HELPS**



**DO WHAT MAKES YOU  
FEEL GOOD, WHILE  
KEEPING YOUR PHYSICAL  
DISTANCE FROM OTHERS**



**HEAD OUTSIDE,  
NATURE IS GOOD  
FOR US**

This may seem pretty straightforward stuff. But it's important. Research tells us that *looking after ourselves* is the best place to start.

## NEED MORE SUPPORT?

- **COVID-19 Health Advice.** If you are worried you (or your whānau) have symptoms of Coronavirus, phone 0800 358 5453. Other medical advice 0800 611 116
- **1737- National Telephone Counselling Service.** Available 24/7. Text or call
- **Travel enquiries:** [www.safetravel.govt.nz](http://www.safetravel.govt.nz)
- **Up-to-date info:** [www.health.govt.nz/coronavirus](http://www.health.govt.nz/coronavirus)
- **Info on welfare concerns:** [www.covid19.govt.nz](http://www.covid19.govt.nz)
- **Check out some mindfulness apps such as:** Headspace, Calm, Insight Timer
- **Phone your GP**