

We are following all advice provided by WHO, PHE and the NHS:

- [World Health Organisation](#)
- [Public Health England](#)
- [Health Protection Scotland](#)
- [National Health Service](#)

Follow hygiene advice such as washing your hands more often than usual, for 20 seconds with soap and hot water (sing 'happy birthday' to yourself twice to make sure you do this for 20 seconds). You should do this whenever you get home or into work, blow your nose, sneeze or cough, eat or handle food. If you can't wash your hands straightaway, use hand sanitiser and then wash them at the next opportunity.

You should also use tissues if you sneeze and make sure you dispose of them quickly; and stay at home if you are feeling unwell.

Try to stay connected

At times of stress, we work better in company and with support. Try and keep in touch with your friends and family, by telephone, email or social media, or [contact a helpline for emotional support](#).

Stay in touch with friends on social media but try not to sensationalise things. If you are sharing content, use this from trusted sources, and remember that your friends might be worried too.

Also, remember to regularly assess your social media activity. Tune in with yourself and ask if they need to be adjusted. Are there particular accounts or people that are increasing your worry or anxiety? Consider muting or unfollowing accounts or hashtags that cause you to feel anxious.

Talk to your children

Involving our family and children in our plans for good health is essential. We need be alert to and ask children what they have heard about the outbreak and support them, without causing them alarm.

We need to minimise the negative impact it has on our children and explain the facts to them. Discuss the news with them but try and avoid over-exposure to coverage of the virus. Be as truthful as possible.

Let's not avoid the 'scary topic' but engage in a way that is appropriate for them. We have more advice on [talking with your children about world news](#).

Try to anticipate distress

It is OK to feel vulnerable and overwhelmed as we read news about the outbreak, especially if you have experienced trauma or a mental health problem in the past, or if you have a long-term physical health condition that makes you more vulnerable to the effects of the coronavirus.

It's important to acknowledge these feelings and remind each other to look after our physical and mental health. We should also be aware of and avoid increasing habits that may not be helpful in the long term, like smoking and drinking.

Try and reassure people you know who may be worried and check in with people who you know are living alone.

Try not to make assumptions

Don't judge people and avoid jumping to conclusions about who is responsible for the spread of the disease. The coronavirus can affect anyone, regardless of gender, ethnicity or sex.



How can GroceryAid help?

GroceryAid has various self-help guides available through its partner Rightsteps, from day one of working in the grocery industry. 5 Ways to Wellbeing, Anxiety, Healthy Eating, Low Mood and Physical Activity are just some of the topics available.

Check out the self-help guides at www.rightsteps.co.uk/GA.html.

Wellbeing sessions

Wellbeing sessions are ideal for those looking to make lasting changes in their lives. There are 6-8 sessions lasting approx. 45 minutes each. Sessions include topics such as General Anxiety, Learning to Change, Low Mood and Social Anxiety.

24/7 helpline

GroceryAid provides a confidential 24/7 helpline, 365 days a year for anyone who is working or has worked within the grocery trade, regardless of length of service. This free service provides emotional and practical support to help through a difficult time.

Find out more:

- Freephone helpline: 08088 021 122
- Website: www.groceryaid.org.uk
- Email: welfare@groceryaid.org.uk