

# Coronavirus support for young people

Keep calm, stay connected, be safe



## Information sharing

- There will be lots of stories and information being shared about coronavirus, make sure you only follow official sources and share medical advice from the NHS. Sharing or following advice from other sources could put you and others around you at more risk.
- If the 24-hour news is making you anxious, think about only reading a few headlines a day and limiting how much you see.
- Social media is great for staying connected but remember not to give out your personal details to people you don't know.

## Bullying and harassment

- Some young people are experiencing bullying, street harassment and even assaults because of their perceived ethnicity and myths around the spread of Coronavirus. If you witness this taking place and think it is safe to do so, check that the person is okay. If they want to report it to the police, you can act as a witness.



## Education

- Make sure you listen to advice that comes from your place of education as things could be different from school to school.
- The Office of Qualifications and Examinations Regulation (Ofqual) regulates examinations and assessments in England. They are working closely with the Department for Education and any announcements about exams, will come from these two organisations.

## Employment and financial uncertainty

As government advice continues to come out, employers are figuring out what coronavirus means for their business and employees.

If you are working a job that pays by the hour, the shift or are on a zero hours contract, find out from your employer if:

- you can claim statutory sick pay if you become ill and need to self-isolate
- you can continue to work from home if your place of work cannot open
- you will continue to be paid if your work does not open

If you will not continue to be paid or your hours will be reduced, you can sign up for Universal Credit until you are able to return to work.

- Usually, you have to be off work for longer than 4 days to get sick pay but, to make sure people stay home if they are feeling unwell, sick pay will now be paid from day one for those who have to stay home, including those showing symptoms but haven't tested positive for coronavirus.
- If you're an apprentice, you should get sick pay the same way all other employees at the company do.
- If you are on a zero hours contract, you will have to find out from your employer if you get any sick pay.



# Look after yourself

## Stress management

- While you might have to keep your distance from other people you can still go outside and keep a physical distance from others. Go for a walk, run or cycle and explore a local park – phone a friend or listen to a podcast as you wander. Exercise, meditate, and keep to a daily routine as much as you can.
- If the 24-hour news is making you anxious, think about only reading a few headlines a day and limiting how much you see.



## Eat well

- If your food shopping looks a bit different, use the opportunity to learn to cook a new meal with ingredients you might not usually buy. YouTube has loads of videos you can cook along with.

## Stay connected

- If you have access to it, use technology to stay in touch. If you have a smartphone, schedule video hangouts with your friends!
- Check in with your friends, family, and neighbours regularly. Wherever you can, assist people in your life who may be more vulnerable (e.g. those with no access to the internet or who cannot easily use the internet to shop online).
- Spend the time connecting with the people you are living with. If you are in a lockdown situation, use this time to improve your existing relationships.

## Exercise

- Work out at home! Working out can reduce stress levels and release chemicals in your brain that make you happy and there's lot of exercise classes you can follow on YouTube.

# Definitions

There are lots of new and technical terms flying around, here are what some of them mean:

## Coronavirus

Coronaviruses are a large group of different viruses. Each one is slightly different, but they all cause issues to your respiratory system, which is what helps you breathe. This can range from something like the common cold, to more serious infections or diseases.

## Social distancing

involves staying further away from people to make sure that people don't become unwell. It can mean simply standing further away from people in a queue, or avoiding going to busy places such as concerts or restaurants.

## Quarantine

involves people staying at home or another location to make sure that disease isn't spread. You don't need to have symptoms of the disease to be quarantined, it may be that you have travelled from a country that has a lot of cases of coronavirus and they need to make sure you aren't carrying it.

## Social isolation

is when someone stays away from other people to make sure they don't spread infections to others. This normally means staying at home and not going outside or having visitors to your house.

# Key websites

## About Coronavirus

Information from Public Health England about coronavirus

Information from the NHS about coronavirus

Stay at home guidance

## Universal credit

Coronavirus and what it means for employment

A guide to Universal Credit

More about Universal Credit

Universal Credit application

Application advice from Citizens Advice

## Support

Free, safe and anonymous online support

Text line for crisis support

Message boards to ask questions

The Mix

## Health

Diet and mental health advice

Managing stress and anxiety during the coronavirus outbreak

How to manage and reduce stress

Getting mental health support

How to look after your mental health using exercise