

SOME TIPS TO HELP YOU TAKE GOOD CARE OF YOURSELF

The most important thing you need to do at this time is follow the requirements from doctors and health staff at the quarantine centre. This will help you and the community to stay safe.

Get up early and have your breakfast;



Do some fun exercises;



Search and read something interesting and fun;



Communicate with your friends (through your regular online channels);



Send positive messages to your friends who feel lonely too;

Attend your online classes;



Complete your homework on time;

Make sure you don't miss your lunch and dinner;



Find a way to self-express your thoughts and feeling of this time, such as keep a diary;



Make some art and favourite creative work and literature;



Try relaxation exercises before you go to sleep;

Go to sleep earlier than your routine bedtime.



Please do not disclose your personal information in public on social networks.



IF YOU CONTINUE TO FEEL STRESSED and/or CAN'T EAT, SLEEP WELL, THINK POSITIVELY... PLEASE ASK FOR SUPPORT:

Call your parent, grandparent, a trusted adult.

Call the **National Hotline Child Protection Center 111** (24/7) or



Call the Hotline of the Centre for Women's Development:
0946.833.380/ 0946.833.382/
0946.833.384

All your personal and private information will be kept confidential by the aforementioned services.










THINGS YOU NEED TO KNOW to take care of yourself in a quarantine facility










(For children and adolescents)

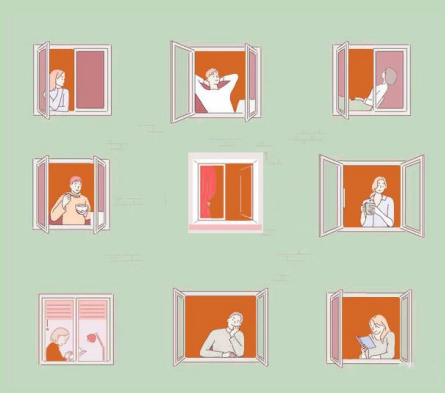
During the COVID-19 outbreak, if you are in a quarantine facility, please be aware of the following:

YOU MAY EXPERIENCE A RANGE OF EMOTIONS AND REACTIONS SUCH AS BEING:

-  Worried about your studies being interrupted; your physical condition changing;
-  Anxious and guilty that people with whom you have been in contact, may be infected;
-  Bored, frustrated, sad, annoyed, agitated, and in physical pain;
-  Angry or anxious because your freedom is restricted, or feeling that you want to blame somebody for this;
-  Imagining the worst-case scenario for you which could make you feel restless and fearful;
-  Lonely and isolated due to limited direct interaction with others;
-  Emotional and crying...

AND YOU MAY FIND IT HARD TO...

-  Smile, laugh;
-  Concentrate and think clearly;
-  Complete homework or online study;
-  Find something fun to do;
-  Maintain contact with your friends;
-  Share your feelings with somebody you trust ;
-  Sleep well;
- Eat regularly;
- Do regular exercise;
- Keep yourself clean and healthy.



BE REASSURED:

What you're experiencing is a normal reaction in these circumstances, and can happen to anybody in quarantine or practicing social distancing. You can overcome it.



Staying in the quarantine centre for a period of time, stopping your normal activities, and not seeing your friends, is challenging.



Know that when you feel upset and lonely, you are not alone. People in all countries are experiencing similar sentiments.



This is only temporary; you have the capacity to take good care of yourself and overcome this difficult time.

