

# Managing worry about COVID-19 and a health condition

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We know that things feel a little scary and uncertain at the moment. Your experience of living with a health condition and the stresses and uncertainties it brings will make you more prepared to cope with this situation than most people. If you're finding yourself worrying, it might help to try to focus on the things that you can control in your life.

## Things you CAN control

Focussing on these can help your body and mind  
- direct your attention here wherever possible

### KNOW YOUR 'SICK DAY RULES'

If you have guidelines for managing your condition when ill, make sure you're up to date with them.

### CHECK OUT YOUR JOB POLICY

Regarding sickness/time off/working from home

### CONTACT DETAILS

Make sure your contact details are up-to-date with your hospital / care provider

### KNOW THE SYMPTOMS OF COVID-19 & WHAT TO DO

Use the NHS Direct website and follow guidance from your care team

### CANCEL YOUR OUTPATIENT APPOINTMENTS IF YOU ARE EXPERIENCING SYMPTOMS

### KEEP UP-TO-DATE WITH RECOMMENDATIONS

Public Health Wales, World Health Organisation (WHO) and Gov.uk websites give current procedures and recommendations

### TAKE PRECAUTION

Give your body as much support as you can, by making sure you managing your condition as well as you possibly can do. Ensure you have supplies and repeat prescriptions up to date.

### LOOK AFTER YOUR BODY

Try to make good food choices - this could be your chance to expand your cooking skills!

Try to maintain a good exercise level and get sufficient sleep.

### LOOK AFTER YOUR MIND

Keep in touch with friends and family. If you're isolating, remember to care for yourself mentally

### SAY "NO" AND ASK FOR HELP

Feel confident in saying "no" and ask for help if you feel you need it

### WASH YOUR HANDS!

Regularly - 20 seconds with soap and hot water. Don't be afraid to ask others to do the same!

## Things you CAN'T control

Focussing your worry on these won't change things  
- try to kindly redirect your attention

### BEING MORE VULNERABLE

Having some pre-existing conditions may make you more vulnerable to becoming unwell if you should catch the virus.

### OTHER PEOPLE'S FEELINGS, OPINIONS OR ACTIONS

Do what you are able to do and try not to get stuck in other people's ideas or behaviours

### WHO CATCHES IT

You do not have control over who catches it. Just try to be supportive and understanding for the people who do get COVID-19. It is not your fault if you catch COVID-19. Be kind and compassionate to yourself

### SCARE STORIES AND THE MEDIA

Get your news from reliable sources. It's OK to take a break from the news if it feels too much

### THINGS GETTING CANCELLED

This can be really disappointing and a hard decision to make, especially if you are the one doing the cancelling, BUT do what is safe and what is needed

### YOUR THOUGHTS AND FEELINGS

Anxiety and worry is a completely normal response in the circumstance. You can't control your feelings, but you can control what you do with them.

### WHAT'S IN THE SHOPS

You can't control the availability of supplies. Try to be patient and try not to panic buy.

### AVAILABILITY OF HEALTHCARE STAFF & APPOINTMENTS

It may be more difficult to contact your healthcare team or attend appointments. However, there are likely to be alternative options such as phone or Skype appointments

### NEEDING TO SOCIALLY DISTANCE AND/OR SELF-ISOLATE

If you have been advised to self-isolate and have to miss work, school or appointments; this is okay and the best course of action to look after yourself and stop the spread of the virus