

If you would like more advice and support have a look at some of the following websites:

**[Northamptonshire Family Services](#)**

**Directory:** Information and advice in one place, to help support children and young people in Northamptonshire.

**Think Ninja:** Online self-help knowledge and skills for (10-18 years old) who may be experiencing increased anxiety and stress.

[www.healios.org.uk/services/thinkninja1](http://www.healios.org.uk/services/thinkninja1)

**The Mix:** Free information and support for under 25s in the UK.

[www.themix.org.uk](http://www.themix.org.uk)

**Young Minds:** Children and young people's mental health charity.

[youngminds.org.uk](http://youngminds.org.uk)

**Childline:** Get support. You can contact Childline about anything.

[childline.org.uk](http://childline.org.uk)

**NSPCC:** Preventing abuse and helping those affected to recover.

[www.nspcc.org.uk](http://www.nspcc.org.uk)

**Northamptonshire County Council:**

Community advice and support

[www.northamptonshire.gov.uk](http://www.northamptonshire.gov.uk)

**CAMHS Live:**

[www.nhft.nhs.net/camhslive](http://www.nhft.nhs.net/camhslive)

**NHS: 10-minute workouts** without leaving the house are just what you need. [www.nhs.uk/live-well/exercise/10-minute-workouts](http://www.nhs.uk/live-well/exercise/10-minute-workouts)

**The Hide Out:** Online space to help young people understand domestic abuse, and how to take positive action if it's happening to you.

[www.thehideout.org.uk](http://www.thehideout.org.uk)

**The Northamptonshire Young Carers Service** supports young carers up to the age of 25

[www.northamptonshire-carers.org/young-carers](http://www.northamptonshire-carers.org/young-carers)



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*If you are worried and you feel you need to speak to someone call ChildLine on 0800 1111 or email them by visiting [www.childline.org.uk](http://www.childline.org.uk)*

*If you think it is an emergency call 999.*

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# COVID-19

## Hints and tips for young people in Northamptonshire

It's really important that you **STAY AT HOME**

[UK Government](#) says you should:

- ✓ Stay at home
- ✓ Only go outside for food, health reasons or work (but only if you cannot work from home)
- ✓ If you go out, stay 2 metres (6ft) away from other people at all times
- ✓ Wash your hands as soon as you get home
- ✗ **Do not meet others, even friends or family.**

**You can spread the virus even if you don't have symptoms.**

## It's OK to be worried:

It's totally normal to be feeling a little anxious about what's going on right now, especially when things seem uncertain.

Whilst it's important to take the [NHS](#) and [UK Government](#) advice seriously and keep updated via official sources; remember to take a break to look after your [mental health](#).



A variety of guides have been produced on managing your anxiety and your mental health which can be accessed here. [www.northamptonshirescb.org.uk](http://www.northamptonshirescb.org.uk)

## Wash your Hands!



One simple thing you can do to help prevent you getting any kind of virus is thoroughly washing your hands.

Watch this [NHS video](#) on the best way to wash your hands

## Catch those Coughs and sneezes:

If you cough or sneeze, catch it in a tissue or your elbow (not your hands), and wash your hands afterwards.



Try and keep some tissues on you, just in case!

## What do I have to do?



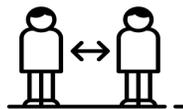
The NHS advice is that if you have a new continuous cough, or a fever, you should self-isolate for seven days and then check your symptoms, even if you don't think you have the coronavirus.

If you live with someone who has coronavirus or a new cough or a fever, you should stay at home for 14 days (the 14 days starts from the day the person became ill).

## What is Self-Isolation?

This means staying at home without having any physical contact with other people - if you're living at home with family or carers, this may mean sticking to your bedroom.

## What is Social Distancing?



This means if you have to go out shopping or for exercise, you must keep at least 2m apart from anyone else that does not live in your home.

**This means you cannot go out with your friends!**

Social Media is a good way to keep in touch



Check out the [Share Checklist](#) before you like, comment and share.

✓ **Source** - Make sure that the story is written by a source you trust, with a reputation for accuracy. If it's from an unfamiliar organisation, check for a website's 'About' section to learn more.

✓ **Headline** - Always read beyond the headline. If it sounds unbelievable, it very well might be. Be wary if something doesn't seem to add up.

✓ **Analyse** - Make sure you check the facts. Just because you have seen a story several times, doesn't mean it's true. If you're not sure, look at fact checking websites and other reliable sources to double check.

✓ **Retouched** - Check whether the image looks like it has been or could have been manipulated. False news stories often contain retouched photos or re-edited clips. Sometimes they are authentic, but have been taken out of context.

✓ **Error** - Many false news stories have phony or look-alike URLs. Look out for misspellings, bad grammar or awkward layouts