



COVID19 Hints and Tips for Young People in Dudley

It's really important that you follow [UK Government](#) advice that says;

- **Keep washing your hands regularly**
- **Use a face covering in enclosed spaces**
- **Try and Stay 2 metres (6ft) away from others – or 1 metre with a face covering or other precautions**

Remember that you could 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, it's OK if you need to take a break to look after your [mental health](#).



Wash your Hands!

-One of the simplest things you can do to prevent getting any kind of virus is thoroughly washing your hands. You can watch this [NHS video](#) for the best way to wash your hands.



Catch those Coughs and sneezes

-If you feel a cough or sneeze coming, catch it in a tissue. If you don't have tissues to hand, cough or sneeze into your sneeze at your elbow.

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



Self-isolation or social-distancing?

-The latest [NHS](#) advice says that if you have a new continuous cough, or a fever that you should self- isolate for 10 days and then get tested - even if you don't think you have the coronavirus.

If you live with someone who has coronavirus or a new cough or fever, you should stay at home for 10 days (the 10 days starts from the day the person became ill).



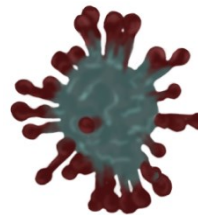
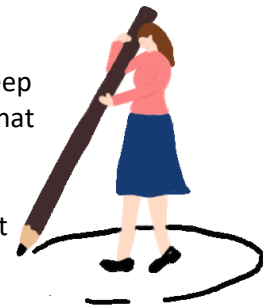
Self-isolation

-means staying at home without having any contact with other people- which if you're living at home with parents or carers and possibly siblings, might mean sticking to your bedroom.

Social Distancing

-means when 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 with you.

This does not mean you can hang out with your mates!



Avoid spreading the virus

-Lots of reports so far suggest that young people without underlying health issues are experiencing mostly mild symptoms and are recovering quickly.

However that doesn't mean that if you think you have symptoms but feel ok you should go out and see your mates as you could still infect someone like your Gran.

Spreading the virus can be dangerous for older people and people with other health conditions such as asthma, diabetes and heart problems. Catching COVID-19 could be very serious for some.

West Midlands Police have talked to us about their policing approach around the COVID-19 pandemic with young people. They promise to **Engage** - talk with anyone who does not understand the new guidelines and ask them to follow the advice.



They will **Explain** - they will ask individuals, groups or businesses whether they have heard about the new guidance, and how quickly they can comply with it. They will also tell you about the risks to public health and the NHS.

They will want to **Encourage** the benefits of staying at home and how this will protect the NHS, save lives and help the most vulnerable in our communities in Dudley.



If we don't do our bit to help, they may have to **Enforce** the new rules that the government has asked us all to follow. They will only use this new policing power as a last resort to stop any activity which breaks the rules around the restrictions.

Fake News -the best way to avoid fake news is to stick to the **NHS** and **UK Government** websites for the latest news and updates.

We know you are internet savvy but we ask you to think **SHARE!** When you are sharing news and videos with your friends online.



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.

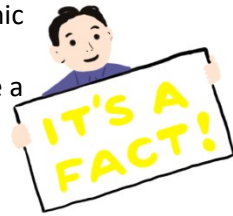
Headline - Always read beyond the headline. If it sounds unbelievable, it very well might be. Be wary if something doesn't seem to add up.

Analyse - Make sure you check the facts. Just because you have seen a story several times, doesn't mean it's true. If you are 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.

Remember! Stick to the facts -Panic can be caused by seeing and sharing fake news- unfortunately there can be a lot of information out there that just isn't factual.



Whether it's on social media or other websites, make sure you're checking sources before sharing them yourself.



It can be scary hearing about what's happening around the world, but as you know there are some things you can do to help prevent yourself from catching the virus, stop the spread of it to others and look after your mental health if you're feeling anxious or worried about it.

Websites -There are lots of places you can go on the internet to get help, advice and support as a young person. We have listed some of the more popular ones below.

- **Kooth**- <https://www.kooth.com/>
- **The Mix**- <https://www.themix.org.uk/>
- **Young Minds**- <https://youngminds.org.uk/>
- **Youth Access**- <https://www.youthaccess.org.uk/>
- **Childline**- <https://www.childline.org.uk/>
- **NSPCC**- <https://www.nspcc.org.uk/>
- **The Children's Society**- <https://www.childrensociety.org.uk/>
- **CBBC**- <https://www.bbc.co.uk/cbbc>
- **West Midlands Police**- <https://www.west-midlands.police.uk/>
- **Dudley Council**- <https://www.dudley.gov.uk/>
- **Dudley Safe and Sound**- <https://www.dudleysafeandsound.org/>
- **Dudley Safeguarding People Partnership**- <https://safeguarding.dudley.gov.uk/>
- **iZone**- <https://izone.org.uk/>

If you are worried and you feel you need to speak to someone, call Childline on 08000 1111 or email them by visiting www.childline.org.uk

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