

Coronavirus COVID-19

Keeping Travellers Well

MINDING OUR NUCKS

It's normal to feel worried about what is happening with COVID-19 (Coronavirus) at the moment.

HERE ARE 5 SIMPLE STEPS THAT MIGHT HELP:



1 FOCUS ON WHAT YOU CAN CONTROL



- Keep washing your hands
- Practice social/physical distancing - stay away from older Travellers, those with ongoing illnesses and pregnant Traveller women



- Remember most people with the virus **will get better**
- Remember this will pass and **we'll get through this together**



2 AVOID CHECKING NEWS AND SOCIAL MEDIA A LOT



- Don't check social media or the news all the time - it can make you more worried or stressed
- Get information from the HSE, evening news and Pavee Point
- Double check information shared through WhatsApp or Social Media

3 SCHEDULE ACTIVITY



- Keep busy while practising social/physical distancing
- Try to get out in the fresh air once a day
- Do the 'minding your mental and physical health exercises' shared by Pavee Point to help keep your mood up



4 SEEK SUPPORT

- Travellers are used to always being together but if we want to protect our grandparents and our community, we need to keep our distance during this crisis
- Keep in contact through video calls and texts instead



5 TAKE CARE AND BE KIND

- Be kind to yourself and others during this time
- If you're well, help your family and other Travellers - you can pick up groceries or medicine for them
- Prayer and listening to mass on the radio or television might be helpful

