

# THE HOME LOCKDOWN GUIDE

## Response Plan & Self Care

For the next three weeks, we will all be making huge changes to our daily routine for the sake of the entire country. These are difficult times for all of us, and particularly so for families with vulnerable adults and young children, not to mention elderly who live alone and daily wage workers as well. But this is an important step that we hopefully see just once in our lives.

Through discussions with experts and research, we have put together a list of best practices to follow to ensure we take care of ourselves, our families and any others who may be in need of help during the lockdown period.

## Maintaining mental and physical health

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In a lockdown, it is imperative that you focus on maintaining your own mental and physical health, for this is key to being useful to others as well.

- **Build a routine:**

Building a new normal or a new daily routine will be key. Get things done. Prepare your meals, do the washing, keep things in order. It seems simple, but it's crucial to maintaining a healthy life.

- **Exercise daily:**

Stick to a daily exercise plan. If you don't exercise regularly, now's a good time to start. There are several resources online (many of them free) to help you get started. Use your balcony or clear out a space in your home to create an exercise space. Depending on your age, health conditions plan out a simple exercise regime. busting exercise.

- **Maintain community and social connections:**

Social distancing is only meant for physical separation but, this time gives us opportunity to keep in touch with friends, family and fellow community members like never before. Use phone, messaging apps and video calls as often as possible to be in touch. This will significantly improve your mental well-being and those you contact as well.

- **Eat healthy:**

These are times of high stress and it's difficult to fight the temptation of comfort food. They must be avoided. This may be difficult to follow due to limited availability of fresh foods and vegetables, but it is important to eat healthy. Try to maintain a diet rich in vitamins, iron, calcium, selenium, and zinc. Do your research around this topic. Eat green leafy vegetables, whole grain foods such as rolled oats for breakfast and whole grain breads, lean meats, nuts and seeds, and a whole range of fresh fruit and vegetables.

- **Avoid alcohol and other unhealthy practices:**

Confinement and loneliness can easily cause people to turn to alcohol or harmful substances. These are strictly avoidable practices and it is better to stick to a healthy diet.

- **Wash Your Hand:**

Wash your hands thoroughly before cooking and before/after eating. Hand hygiene is as important as food hygiene. Anyone with a cough or a cold should strictly not be cooking.

- **Sleep Well:**

Along with diet and exercise, a good sleep regime is necessary during the lockdown period. This will augment both your physical and mental health. Get your eight hours and encourage others to do the same

- **Have a healthy “Work from Home” Regime:**

Take constant and necessary breaks during the work day, drink enough water and do small exercises in your chair. It is a good practice to connect with your office team members casually on video call - it's a great bonding and stress busting exercise.

## It's time to plan, not panic

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- **Don't panic buy:**

Plan to have supply for a maximum of a week to 10 days. Stop panic buying and overstocking what you already have, as it may result in a shortage for others. A prudent stocking plan will help society at large. The government has assured us that plans are in place for the regular supply of essentials, medicines and other necessary items.

- **Help the Community:**

Stay in constant touch (via chat or phone) with your neighbors and members of your society. Many of them will be in need of help with the supply of essentials. Find out if there are any families in need of home-cooked food. As always, don't waste food. There will always be people you can give leftovers to in these times. Send a message in your society group or ask your security guards and housekeeping staff.

- **Don't take medicine without consultation or prescription:**

There will be an increased tendency to take medicines and supplements without consultation or where there is no need. Avoid this at all costs and focus mostly on a healthy diet. In case of doubt, there are enough digital healthcare services available. Please make use of them.

## Time to be more socially responsible

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- **Avoid information overload:**

It is advisable to have some level of detachment from overdose of unverified information as it may lead to more anxiety. Only follow authentic sources, government sites etc. for news and information. Don't get inundated by information all day. Instead, prepare a schedule for updates.

- **Verify information before sending to others:**

Only follow authentic sites for any information and vet it properly before sending it to anyone. It will help reduce panic and anxiety as rumors spread faster than truth, causing unrest among many. It's time to act responsibly and help each other with the right information.

- **Providing children with facts and constantly engage with them:**

With school and parks shut down, children also have a tough and uncertain time. Additionally, most children are now on messenger apps and social media and exposed to lots of misinformation. Engage with your children, be patient and give them all the right information. You may even want to advise them to stay off social media. It would be a good idea to encourage them to spend time with family, such as grandparents, play board games and even take up new hobbies.

- **Keep yourself meaningfully engaged:**

Spend time with family, reading books, doing some hobbies etc. However, spend dedicated time and not do things in an ad-hoc manner. This will substantially improve your mental health

In case you or any of your family members feel unwell with respiratory discomfort, stay at home and contact the designated helpline numbers and seek advice on next steps. Persons not feeling well should remain in isolation and strictly not come into contact with the elderly, those with health complications (lung diseases or those under immunosuppression, in particular) and the vulnerable.

**Government Portal on Coronavirus:**

<https://www.mygov.in/covid-19/>

**Helpline Numbers:**

**+91-11-23978046 or 1075**