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Trusted sources of wellbeing information whilst staying at home

31 March 2020

This document provides links to trusted source of wellbeing information for the public to access whilst staying at home during to the coronavirus pandemic. This document is up to date at the time of writing, it should be read in conjunction with guidance from the UK and Welsh Government.

Handwashing

Wash your hands with soap and water often – do this for at least 20 seconds.



Use hand sanitiser gel if soap and water are not available.

[NHS handwashing poster](#)

[NHS website](#)

Taking care of your mental health and wellbeing

Keep in touch with people by phone, video chat or social media. Share any worries you have with others.

Stay connected with current events, but be careful where you get news and health information from. If news stories make you feel anxious, think about limiting what you look at for a while.

Plan your time - keep busy with activities around the house and time for things that help you feel relaxed.



[UK Government advice for the public on the mental health and wellbeing aspects of coronavirus \(COVID-19\)](#)

