COVID19 LIVING GUIDE

Servei de Mediació i Convivència tel. 618 168 119 / 602 240 168
ADVICE TO THE SITUATION WE ARE LIVING

We need your help, and we want to help you!

This guide is not intended to be an exhaustive manual. It is a contribution to think about and guide our thoughts, emotions and behaviours, individually and as a group, in order to face the current situation, generated by the COVID-19.

Actually you will have plenty of time to find out how the situation is evolving, both around you and across the country.

Consult only official channels or checked information:

canalsalut.gencat.cat/ca/salut-a-z/c/coronavirus-2019-ncov/
www.diba.cat/es/web/salutpublica
www.castelldefels.org/ca/
www.elcastell.org/es/
radiocastelldefels.org
www.facebook.com/ajuntamentdecastelldefels
twitter.com/AjCastelldefels
www.instagram.com/ajuntamentdecastelldefels/
www.youtube.com/user/castelldefelstv
castelldefelstv.org/

Please, get informed!
Please, stay at home! It’s the best option to take care of yourself, yours and the whole community.

- At home, you may be dressed as you’re going out (do not stay in pyjama) in order to have a work routine and other things to do than holidays. This situation are not holidays!
- Follow doctor’s advices
- Get informed about the news, but avoid over information. Being constantly connected to social networks or listening to news 24 hours per day will not make you better informed, but probably it will increase your anxiety unnecessarily.
- Avoid rumours and fake news. They spread quickly, cause harm and could be dangerous.
- Please, only share relevant information
PRACTICAL ADVICES

• IF YOU HAVE BEEN INFECTED, EXPLAIN IT! YOU ARE NOT GUILTY!

We need to protect ourselves as a responsible community!

Whether you tested positive or you are expecting clinical results, avoid becoming catastrophic or guilty. It is a collective issue, we must deal with in a responsible and constructive way.

• IF YOU WANT TO GO SHOPPING TO THE SUPERMARKET, PLEASE:
  
  o You have to go alone
  o You better bring with you a list of the things you want to buy just to be the less time outside
  o Keep a safe distance (1,5 meters) from other people
  o If you see it’s crowded, please, wait outside
  o Try to bring your own disposable gloves and your own bags
  o Avoid to touch food you’re not going to keep
  o If you’re not able to go shopping by your own, do it on line
  o Pay by card and avoid paying by cash
  o If you need it, ask for help to your neighbours
  o Offer help to vulnerable neighbours
  o When you are back at home, change your clothes and wash them
  o When you are back at home, wash the fresh food and your hands properly
  o Thank people that provide us the main services indispensable for living
WHEN YOU ARE AT HOME, PLEASE:

Do not be isolated!

- Call, send text messages, make video conferences... Be connected with your friends, family and people around
- Make WhatsApp groups with known people. It will help you to be entertained
- Relax, take your time and do those things left to do you could do at home
- Relax the way you like, reading, listening to music, performing activities, dancing, etc. in order you feel well.
- Accept that part of this situation is not on your hands and you can’t control or prevent. What you can do is make personal decisions as new challenges arise.
- If you need to talk to someone, call people you trust or ask for help to the Municipality Mediation and Living together Centre of Castelldefels (Centre de Mediació i Convivència Ciutadana de l'Ajuntament de Castelldefels) at 618 168 119 / 602 240 168 or by email mediacio@castelldefels.org

Get up and move and do some physical exercises!

- In this confinement, physical activities are going to contribute to your health Mens sana in corpore sano!
- Play some music and dance!
- Do not be seated more than 2 hours. You can walk mean you’re at phone, you can straighten out closets, do some housework, do-it-yourself projects, etc.
- When you go shopping o walking your dog, go down the stairs
- On the internet, there are a lot gym, yoga and physical activities websites you can connect to. Come on, you can do some physical activity routine in the morning or other moments during the day
- If you have a terrace or a garden, you can work there and take care of your plants

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Take care about your feeding!

- Now that you are at home, take time to cook with love and do a balanced diet. We are what we feed!
- Eat more season and fresh vegetables and fruits. You can choose food that last longer, as carrots, pumpkins, apples, etc.
- Avoid sugar, fatty and highly processed food
- The best drink is water
- Now that you have more time, it could be a good chance to try some new cook recipes. Maybe you can ask your child to help you and prepare them all together!
- Prepare meals with the family, without mobile or tablet interferences, could be a nice present to everyone!

Do a proper use of technology!

- When you use mobiles, tablets or computers to work, be in contact with your friends or family, study or entertainment, notice you finish at least 2 hours before you go to sleep, because it will help you to switch off and rest properly.
- When you use some kind of this technology, keep a healthy distance and blink often
- Each 20 minutes, try to look away of the screen at least for 20 seconds and 6 meters away
- Tilt your screen back a little bit to avoid shadows and reflections
• IF YOU HAVE CHILDREN AT HOME

We protect children!

o As adults, we have to adapt the information we transfer to children, depending on their age. We should also adjust our messages to the coronavirus outbreak evolution. We must give the utmost importance to prevention and hygiene measures to reduce the children’s risk situations.

o Keep them well informed. They are children but they are competent people, and they have every right.

o Pay close attention to their doubts and concerns and answer their questions as they arise, keeping up with their pace.

o Show them that they can express themselves.

o Provide them with explanations that are understandable and tailored to their level.

o Check what information or ideas they have about coronavirus and correct the wrong ones. Help them contextualize and filter the information they receive through other channels. Don’t lie to them, and avoid both alarming and downplaying.

o Just control the flow of information and do not give them more than necessary.

    o Remember that we transmit them more information through our behaviours and attitudes than through our explanations.
    o Control the access of minors to media networks, and provide them with the most appropriate channels.

o If distance between parent and child is needed, keep a regular contact at least two times a day by telephone or video call.

o Try to find activities to do together, beyond the TV or tablet. Spend quality time with them.

o Limit the time they spend with electronic devices. One hour and a half per day is the recommended time for experts.

o Establish a routine of activities that also incorporate educational elements.

Routines help to maintain their emotional stability.
IF YOU ARE INFECTED BY CORONAVIRUS SARS-CoV-2 IN HOME INSULATION

Avoid contact with the rest of the cohabitants of the house to the maximum!

- You must be in a room of your own and with the door closed until the end of the insulation.
- Ventilate the room daily.
- If possible, use a bath only for you. If this is not possible, it must be disinfected with bleach every time you use it and towels will need to be changed every time they are damp.
- With regard to the common areas of the house, they will only be used if it is totally essential and for the shortest time possible. The sick person will wear a surgical mask and will wash his hands before leaving his room. These common areas will then be ventilated and cleaned with household bleach.
- It is important that vulnerable people (elderly people with chronic illnesses, immunosuppressed or pregnant) do not live in the same house.

Manage waste and personal utensils well!

- Personal cleaning utensils will be for individual use.
- In your room there will be a garbage bin with lid and pedal opening and a plastic bag with airtight closure in order to deposit your waste.
- Bed linen, towels and other clothing for the sick person will be washed with soap or usual detergent at 60-90o and then dry thoroughly.
- Before washing, put the clothes in a sealed bag inside a bucket with lid and pedal.

Cutlery, cups, plates and other reusable utensils should be preferably washed in the dishwasher or with hot soap and water.
We take care of the cleaning!

- Frequently touching surfaces and bathroom and toilet surfaces should be cleaned with disposable material and disinfected daily with a household disinfectant containing bleach in a 1:100 dilution (1 part of bleach and 99 parts of water) prepared the same day as it should be used. The person in charge of the cleaning will need to protect himself with a mask and gloves. After cleaning you will need to wash your hands.

• IF YOU HAVE INFECTED PEOPLE AT YOUR CHARGE:

Take care, and extreme measures of respiratory hygiene!

- You must keep a safe distance from the sick person (between 1 and 2 meters)

- Wash your hands with soap and water or hydroalcoholic solution after any contact with the sick person.

- The person who is sick when coughing or sneezing must cover his mouth and nose with disposable handkerchiefs or with the inner face of the elbow and immediately wash his hands.

- Be careful not to touch your mouth, nose and eyes, without washing your hands, after handling objects that could be infected.

Pay attention to how you feel!

- Check the appearance of symptoms of acute respiratory infections such as fever, cough, sore throat, difficulty breathing and consult with your health care services if they appear.
Take care of them!

- Take care of them psychologically and emotionally. Give them a responsible and supportive attitude.
- If you go out to purchase, they will be grateful if you bring information.
- Avoid both alarmism and fake news that will only bring more distress to the affected in the long run.
- Find out daily about the health measures you need to take and make sure you follow them.

LIVING AT HOME

To have a good life at home, we recommend the following:

- Reach explicit agreements with your trusted people about your domestic logistics: shopping, caring for dependent relatives, space for people who may have the virus, space to relax and be alone, shared hygiene measures, etc.
- Do not take anything for granted. Talk to them!
- If you live with more people at home, respect different places and times. We all need our space.
- You don’t have to be together all the time!
- If at any point, you feel overwhelmed, it is essential to tell the rest to find a solution as soon as possible.
- If you have to receive medical assistance, check who can help you, how many hours and for what things. It will allow you to organize yourself better.
- Try to keep your daily routines at home, different from the rest of the people you live.

For coexistence issues, at home or with neighbors, if you need to talk to someone, you can ask the Castelldefels City Council’s Mediation and Citizenship Service for help at 618 168 119 or 602 240 168 or at the email address mediacio@castelldefels.org

Don’t be ashamed to ask for help!
HOW TO STOP THINKING ON THE CORONAVIRUS ALL THE TIME

Most importantly, be aware of the situation and do not think about when all this will end. Think more about the present and look for solutions for "here and now".

- Design yourself a global plan to do all the things that you had to do and that due to your day-to-day work still couldn't be done. Also, take this time to enjoy activities that you do not often have time for, like reading or watching a movie, playing with your people, cooking, etc.

- Create and carry out a routine.

- Do relaxation, meditation, breathing techniques, etc.

- Stay with and for the family: listen to music, dance, watch TV together, etc.

- Have schedules with different sections like leisure time, mealtime, personal hygiene time, and loneliness or isolation time, which are also necessary.

- This time can be a learning experience if you know how to manage it properly, and it can even reinvent us, better deal with anxiety situations and stimulate our creativity.

- Recognize and accept your own emotions. Share those thoughts and feelings with others or ask for help if you need them.

- Maintain an optimistic and objective attitude.

- Support family and friends to stay calm and have thoughts that will help you adapt to each situation.

Remember: CRISIS = OPPORTUNITY

It is only up to you to overcome this situation with success! Look for the opportunities that it offers. Ask for help if you need it. Take care of your people and take care of yourself too! The Service of Mediation and Citizen Coexistence (Servei de Mediació i Convivència Ciutadana de l'Ajuntament de Castelldefels) is here to accompany you and help you with everything you need.

Have sense of humour!

Use sense of humour. Humour will help you reduce anxiety and fear.

Have projects and make them grow!

Castelldefels Town Council Mediation and Citizen Coexistence Service

Telephone 618 168 119 or 602 240 168

Email mediation@castelldefels.org

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INTEREST PHONES
- Coronavirus Social Needs Emergency Municipal Phone: 935466074
- Health emergencies: 061
- Emergencies: 112
- Local Police Emergency: 092
- Medical emergencies guard: 677226989
- Pediatric consultations: 677 227 776 and 677 297 646
- Access to La Meva Salut: 900053723
- General information: 012
- Citizen attention office: 936651150
- Help seniors and dependents: 600 929 689
- Mediation and Coexistence Service: 618 168 119 / 602 240 168
- Women’s Information and Service (SIAD): 667 871 709
- For information (24 hours):
  - 900 900 120 (sexist violence hotline)
  - WhatssAp of immediate emotional support (Ministry of Equality): 682916136/682508507