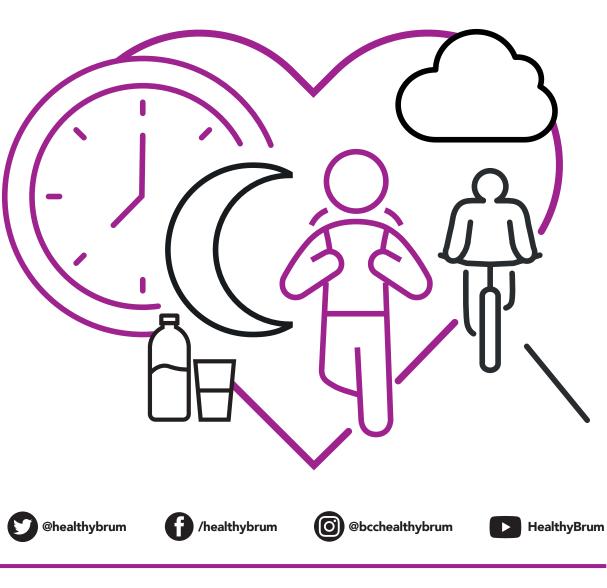# BHealthy

A simple checklist with practical tools and tips to help improve your health and wellbeing and reduce your risk of becoming seriously ill from Covid-19

✔ Checklist for a healthier you
✔ Weekly Getting Ready Plan
✔ Keeping COVID safe

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Birmingham
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Checklist for a healthier you!

Get it sorted	Tick when complete	Get Active	Tick when complete
Are you, and your family, up to date with vaccinations?		Are you getting moderate physical activity for at least 150 minutes a week? - this should be active enough to feel warm and a bit breathless.	
If you have a chronic disease like diabetes, have you had your long-term condition health checks e.g. diabetes annual review at your GP practice?		Are you doing muscle strengthening exercises at least twice a week? – this could be yoga, lifting weights or body weight exercises like push-ups	
If you are between 40-75yrs old have you had an NHS health check in the last 3yrs?		**Eating Healthy**	
If you are a smoker, have you tried quitting with support from the free local stop smoking services?		Are you eating five portions of fruit and vegetables every day?	
Keeping Covid-19 Safe		Are you avoiding full sugar drinks, especially fizzy drinks?	
Do you regularly wash your hands when you come home?		Are you limiting snacks and sweets to special treats?	
Do you wear a face covering when you go into an enclosed space like a bus or a shop?		**Getting Mind Ready**	
Do you know how to get a Covid-19 test if you develop symptoms?		Are you keeping in regular contact with friends and family?	
Do you know what you and your family will do if you test positive for Covid-19?		Are you volunteering or participating with any group activities?	
		Are you getting at least 7hrs of sleep most nights?	

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How many servings of fruit did you eat today?							
How many servings of vegetables did you eat today?							
How many 'treat' snacks did you eat today?							
How many minutes of physical activity did you do today?							
Who did you 'connect' with today?							
How many hours did you sleep last night?							
How many times did you wash your hands today?							

Keeping COVID safe

Washing your hands
Keep washing your hands for at least 20 seconds each time you get back home. Remember to wash your hands or use sanitiser when you enter a building, touch lift buttons or door handles. Avoid touching your face until you have washed your hands.

Social distancing
To stop the spread of coronavirus (COVID-19), you should avoid close contact with anyone you do not live with. This is called social distancing.
Try to stay at least 2 metres (3 steps) away from anyone you do not live with (or anyone not in your support bubble).

Wearing a face covering
Wear something that covers your nose and mouth - on public transport, including taxis, when you go into an enclosed space like a shop or a hospital. Face coverings should not be worn by children under 3 and people who would find wearing them difficult (such as people with breathing difficulties). It's important to wash your hands before putting on and taking off your face covering.

Self-isolation
Self-isolation is when you stay at home because you have or might have coronavirus (COVID-19). This helps stop the virus spreading to other people. If you have symptoms then you must self-isolate with the people you live with and get a Covid test either by ringing 119 or going through the NHS website. If you test positive then the NHS test and trace service will ring you or email you to give you advice on what to do next, they will also ask you where you have been to try and find any people who may be at risk and need advice.

Getting a Covid Test
You can get a free test for yourself, if you have coronavirus symptoms now (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste) or if someone you live with, if they have coronavirus symptoms or you have been asked to by the NHS, Public Health England. You can book at test by ringing 119 or through the NHS website, this can be sent by post or you can go to a drive through site and in some areas there are also walk through sites. You need an appointment to go to these sites for a test.

nhs.uk/conditions/coronavirus-covid-19/
gov.uk/coronavirus
birmingham.gov.uk/coronavirus_advice