

Coronavirus COVID-19

A Pavees Guide to Cocooning

WHAT IS COCOONING AND WHO SHOULD DO IT ?



Cocooning means that people should stay home and away from others. It is a way of protecting people who are vulnerable to COVID 19. This includes:

- Travellers over 60
- Travellers with cancer
- Travellers with long term conditions - severe asthma, cystic fibrosis and lung disease
- Pregnant Traveller women with heart issues
- Travellers with rare diseases or metabolic conditions like SCIDS or Hurlers

**SOME MEDICAL
APPOINTMENTS AND
CLINICS HAVE BEEN
CANCELLED BUT ALWAYS
CHECK WITH YOUR
GP OR HOSPITAL**

If you are cocooning, you should stay at home and avoid mixing with your family members, even if you think you're fit and well. This means:

- **DON'T** go to the shops
- **DON'T** attend any gatherings
- **DON'T** be in the same room as others, if this isn't possible stay far away with the window open
- **DON'T** use the same toilet, if this isn't possible, make sure to clean the toilet and door handles with disinfectant after every use



- **DON'T** use the same household items as others - towels, bowls, cups, plates, forks



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TIPS FOR COCOONING



Tell people you are cocooning and not having any visitors



Keep windows open



Keep your phone charged at all times



Keep in touch with your family and GP using your phone



Go out for fresh air but make sure it's in your own yard and away from others



Keep washing your hands properly



Remind people to wash their hands for 20 seconds when coming into your home



Look after your mental health



Avoid watching too much news and remember this will pass and we'll get through it together



If you need to talk to someone, the Samaritans for free any time, day or night on 116

SUPPORTS FOR COCOONING

If you have problems with cocooning because of your accommodation contact your local authority.

Your family can also help you during this time by getting your groceries or medicine. If you don't have family around, there are other community supports available.

You can find out more information from your:

- Local Traveller organisation and Traveller Primary Health Care Project
- Community Response Forums through your local authority

