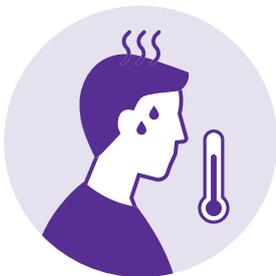


# Coronavirus:

## guidance for people with dementia and carers

Over the coming weeks and months, we are all being asked to change the way we live our lives so that those who may be most at risk of coronavirus are kept as safe as possible. For people with dementia, their families and carers this period of change will be unsettling. In collaboration with Alzheimer Scotland Dementia Nurse Consultants, we have prepared some information to help you through this time. If you need more information or emotional support, please call our 24 hour Freephone Dementia Helpline on 0808 808 3000 and we will do our very best to help you.

### The most common symptoms of coronavirus are:



A high temperature  
or fever



A new, continuous  
cough



Loss of, or change in,  
sense of smell or taste  
(anosmia)

For the most up to  
date information  
on coronavirus, visit  
[www.nhsinform.scot](http://www.nhsinform.scot)  
or call  
**0800 028 2816**



### How can I reduce my chances of getting coronavirus?



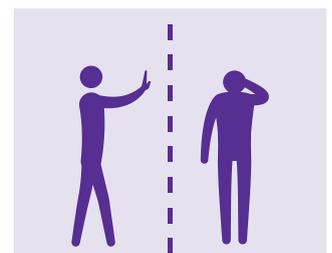
Wash hands with water  
and soap/sanitiser for  
at least 20 seconds



Cough or sneeze into  
a tissue and dispose  
immediately



Avoid touching your  
eyes, nose and mouth



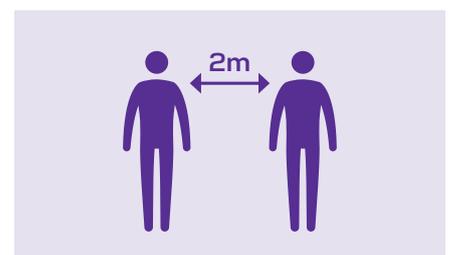
Avoid contact with  
anyone who has a  
respiratory illness



If you live alone, and are  
displaying symptoms, stay at  
home for 7 days from the start  
of your symptoms. Stay away  
from anyone who's unwell



If you display symptoms and live  
with others, they should stay at  
home for 14 days from the start  
of your symptoms



If you can, follow the 2 metre  
social distancing guidelines

## Preparing for coronavirus

People over the age of 70, and those with pre-existing health conditions are at high risk of developing coronavirus and will fall under either the shielding or high-risk category. If you fall under these categories, then the UK governments have placed additional restrictions on your lives to ensure your safety and wellbeing. You can find out what these restrictions are by visiting the NHS Inform website. To prepare for spending more time at home:

- Order any medication you may need, including repeat prescriptions
- Have a list of contact details clearly labelled and keep them visible. This should include family, friends, neighbours, your GP and pharmacy, Alzheimer Scotland's Freephone Dementia Helpline and any emergency numbers such as NHS 24's phone service
- Have enough food to last you for a couple of weeks. Many foods can be frozen, and a supply of meals kept in the freezer will be easy to heat up
- Ensure you have access to soap and hand sanitiser. Leave visual prompts near sinks to remind you to wash your hands for at least 20 seconds
- Plan for any indoor activities. This could include listening to music, reading or puzzles.

## Other helpful tips

- Having a routine is important. Try to incorporate activities which can structure your day
- Stay as active as possible. If you have a secure outdoor space, get some fresh air or do some gentle exercise
- Housework is a great way at staying active and also helping to get rid of germs. Use prompts around the house to encourage these activities
- Make regular phone calls to friends, family and trusted neighbours to maintain social interaction
- Drink plenty of fluids
- Many local groups will be cancelled during this time. If you haven't heard from them, it may be worth phoning or checking their websites.

## Helpful links

- **Information hub:**  
[www.readyscotland.org/coronavirus](http://www.readyscotland.org/coronavirus)
- **Alzheimer Scotland 24 hour Freephone Dementia Helpline: 0808 808 3000**
- Technology may help you at this time. This webpage gives unbiased reviews on what might be useful to you. [www.alzscot.org/useful-products](http://www.alzscot.org/useful-products)
- **NHS24: call 111**
- It is normal to feel worried or anxious. Visit [clearyourhead.scot/](http://clearyourhead.scot/) for more tips on getting yourself through this pandemic.



**24 HOUR**  
**Dementia Helpline**  
Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)



**Alzheimer  
Scotland**  
Action on Dementia