



# COVID-19: How to stay healthy, happy and safe at home

In response to the ongoing coronavirus epidemic, the UK Government have published new rules on staying at home and away from others. This will reduce our day-to-day contact with other people and reduce the spread of infection. It is vital that anyone with the symptoms of COVID-19 stays at home for seven days after their symptoms begin. To learn more about COVID-19 please visit the NHS website [here](#).

For many people this is going to be a big change and you may find it boring or frustrating. You may find that you miss being outside with other people, you have problems sleeping or your mood and feelings are affected by all of the change. With this in mind, it is going to be very important to do what you can to keep *healthy, happy and safe* while at home. Over the next few weeks, we will be posting information to support you to stay fit and healthy whilst at home. This information will be updated regularly in line with national guidance. Please check back regularly to access various opportunities, advice and supporting information that will be posted as changes occur.

Let us know what you have been up to on social media using the [#stayhealthyinsomerset](#)

[@SomersetDPH](#)

[@OneYouSomerset](#)

Public Health England (PHE) are regularly updating their advice around social distancing and hand washing as particular areas of focus to avoid catching the virus. To read their advice and guidance, please visit their website [here](#).

## 1. Staying Healthy

To access opportunities to stay fit and healthy at home, see our 'Staying Healthy' page [here](#).

## 2. Staying Happy

To access opportunities to stay happy at home, see our 'Staying Happy' page [here](#).

## 3. Staying Safe

To access opportunities to stay safe at home, see our 'Staying Safe' page [here](#).

## 4. Covid-19: find out more

To find out how best to limit the spread of Covid-19 and for further information about the infection, see our 'Find out more' page [here](#).

