MINDING OUR NUCKS
It’s normal to feel worried about what is happening with COVID-19 (Coronavirus) at the moment.

HERE ARE 5 SIMPLE STEPS THAT MIGHT HELP:

1. FOCUS ON WHAT YOU CAN CONTROL
   - Keep washing your hands
   - Practice social/physical distancing - stay away from older Travellers, those with ongoing illnesses and pregnant Traveller women
   - Remember most people with the virus will get better
   - Remember this will pass and we’ll get through this together

2. AVOID CHECKING NEWS AND SOCIAL MEDIA A LOT
   - Don’t check social media or the news all the time - it can make you more worried or stressed
   - Get information from the HSE, evening news and Pavee Point
   - Double check information shared through WhatsApp or Social Media

3. SCHEDULE ACTIVITY
   - Keep busy while practising social/physical distancing
   - Try to get out in the fresh air once a day
   - Do the ‘minding your mental and physical health exercises’ shared by Pavee Point to help keep your mood up

4. SEEK SUPPORT
   - Travellers are used to always being together but if we want to protect our grandparents and our community, we need to keep our distance during this crisis
   - Keep in contact through video calls and texts instead

5. TAKE CARE AND BE KIND
   - Be kind to yourself and others during this time
   - If you’re well, help your family and other Travellers - you can pick up groceries or medicine for them
   - Prayer and listening to mass on the radio or television might be helpful