

## **Recommendations for People with Cognitive Disabilities in relation to Coronavirus**

If you are at home, it is important to maintain your routine to keep your body and mind healthy.

Follow these tips:

### **Personal hygiene and clothing**

- When you get up, take a shower, and get dressed in comfortable clothes (avoid wearing pyjama).
- Make your bed and tidy your room.
- Always wash your hands, before and after handling objects, after going to the bathroom, and before eating.

### **Food**

- Maintain your eating routine: breakfast, lunch, and dinner.
- Prepare and/or support the preparation of daily meals.
- When possible, try spending time and eating lunch with your family.
- Do not eat breakfast or lunch in your bedroom.
- Eat healthy food, such as fruits and vegetables.

### **Education and work**

- Organise your day and keep schedules for studying and doing homework.
- Do these activities in a comfortable, well-lit, and free of distraction space of your home.
- Avoid being in your room.
- Look for things that you like to do or that are interesting for you.

### **Leisure and free time**

- Move your body, exercise, dance, do manual activities, take care of your pet, practice your hobby, or do something that you like.
- Do activities that keep you active.
- Avoid spending too much time in front of your mobile phone, TV, or computer.

### **Social participation**

- Spend time with your family or those living with you: talk about what is going on in the country and what you are feeling.
- Do family activities such as cooking or playing different kinds of games.
- Call a friend or family member by phone or video call from WhatsApp.

### **Sleep and rest**

- Get up early.
- Sleep and rest at least 8 hours a day.
- Take breaks during the day.