

CORONAVIRUS

ADVICE FROM THE WORLD HEALTH ORGANISATION (WHO)



Basic protective measures against the new coronavirus

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why?

Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why?

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why?

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why?

Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why?

National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why?

National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

**Protection measures for persons who are in or have recently visited
(past 14 days) areas where COVID-19 is spreading**

- Follow the guidance outlined above.
- Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover.

Why?

Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.

- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers.

Why?

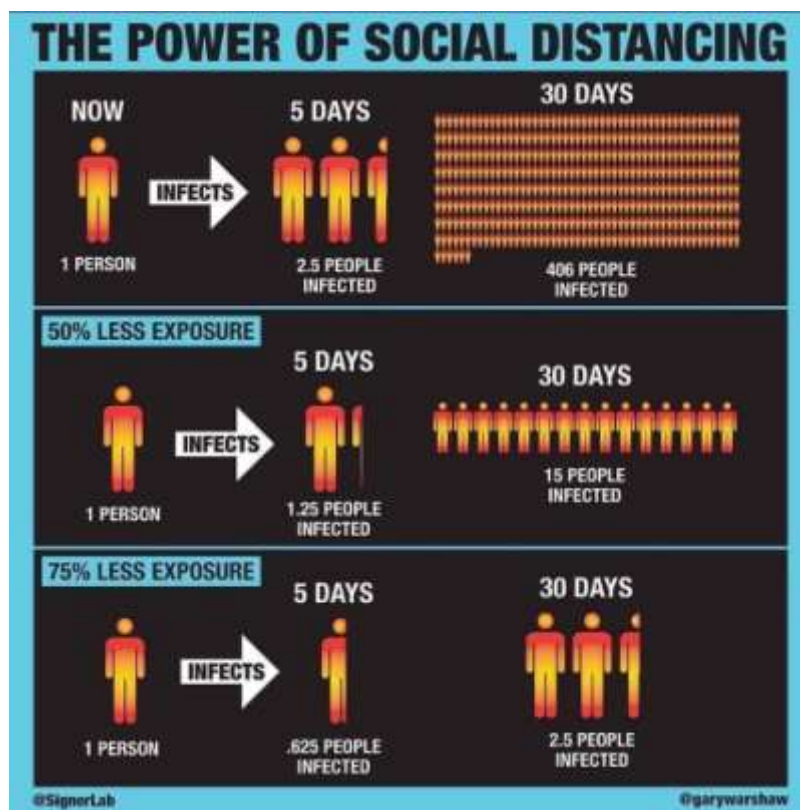
Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

There is a wealth of information available on the WHO website. Here are a few useful links:

Home page: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Myth busters: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Travel advice: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/travel-advice>



EUROPEAN COMMISSION CORONAVIRUS – FAQs



Is it dangerous?

Illness due to infection is generally mild, especially for children and young adults. It mostly affects the elderly and those with other underlying conditions.

But please note, even if you have mild or no symptoms, you can still contaminate others.

Should I wear a face mask?

No, not if you are healthy. You only need to wear a mask if you are taking care of a person with suspected COVID-19 infection or if you think you are sick. Healthcare workers need them to do their job.

What should I do if I have symptoms?

Call the emergency number or phone the nearest emergency department and describe your symptoms. They will tell you the procedure to follow.

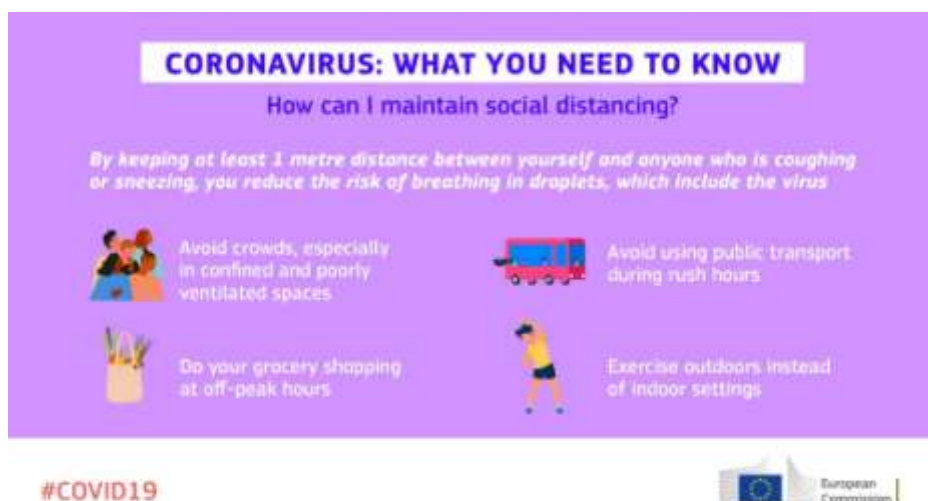
Do not go to the doctor or hospital. You could infect other people.

Are food products safe?

There has been no report of transmission of COVID-19 via food and there is no evidence that food items pose a risk for the health of EU citizens in relation to COVID-19.

Is there a vaccine?

Not yet. To date, there is no vaccine and no specific medicine to prevent or treat COVID-2019. The development of vaccines takes time, but the EU is supporting research into possible vaccines, diagnostics and treatments.



European Commission coronavirus home page: https://ec.europa.eu/health/coronavirus_en



▲ Firefighters in Spain spell it out: members of the Aranjuez fire department urge the public to 'stay at home' as the country faces the sixth day of a national lockdown. Photograph: Aranjuez Fire Dept. Handout/EPA

ADVICE ON STAYING SAFE, from our partners EUROPEAN MOVEMENT UK:



- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin straight away and wash your hands afterwards
- Try to avoid close contact with people who are unwell
- Do not touch your eyes, nose or mouth if your hands are not clean
- Avoid all non-essential contact, and work from home if you can

Stephen Dorrell
Chair of European Movement UK



WHAT YOU CAN & CAN'T DO DURING LOCKDOWN IN SPAIN

On 14 March 2020, Prime Minister, Pedro Sanchez announced the lockdown to the nation, effectively banning people from leaving their homes except to go to work or buy essential supplies.

The 'state of alert' was initially scheduled to last for 15 days, but has subsequently been extended and could be extended even further. The Spanish government continues to keep the situation under review and are making appropriate changes to the lockdown rules, and deadlines, as and when appropriate.

People will only be allowed on the streets and to circulate in private cars under the following circumstances:

- To buy essentials from supermarkets or pharmacies
- To go to work if you are considered a 'key worker' in one of the specified essential services
- To return to your prime residence
- To visit needy relatives or vulnerable people
- To visit the doctor or hospital
- To visit financial institutions
- To walk your dog for toileting – You must walk alone and stay close to home
- Care sharing only allowed with minors, dependents, especially vulnerable people or other justified causes.

Source: **The Local Spain**. To read the full article, paywall free, click the following link:

<https://www.thelocal.es/20200314/coronavirus-what-you-can-and-cant-do-during-spains-state-of-alert>

Emergency Contact Numbers in Spain – by Province



USEFUL LINKS:

For updates about the lockdown rules – Boletín Oficial del Estado:

<https://www.boe.es/index.php?lang=en>

The Spanish government website has all the latest news from Spain, in English:

<https://www.lamoncloa.gob.es/lang/en/Paginas/index.aspx>

Spanish Ministry of Health, Consumer Affairs & Social Welfare:

<https://www.mscbs.gob.es/en/home.htm>

Spanish Ministry of the Environment: <https://www.miteco.gob.es/es/ministerio/medidas-covid19/>

UK Foreign Office travel advice for Spain: <https://www.gov.uk/foreign-travel-advice/spain>

During these difficult and demanding times, Bremain in Spain is here to inform and support our members. You may be isolated, but you are not alone. So please, stay home, stay connected and stay safe.

Staying safe, sane, fit & active during lockdown

Isolation can be tough and it's important to keep busy. Breman has put together a list of suggestions (some free, some paid for) that can help you pass the time with your family or to get some "me time". If you have any further suggestions, please let us know & we'll be happy to add them.



YouTube is a great resource for learning....and it's all free! www.youtube.com

Our top tips for searches on YouTube are:

Free Exercise Classes – there are literally hundreds of free exercise classes on YouTube, from beginner to advance with most offering classes with no equipment needed

Free Yoga Classes – what better way to relax and unwind with a Yoga class. Many YouTube channels offer complete Yoga courses, along with one of sessions, again, from beginner to advance

Learn an Instrument of just perfect the one you have – If you can think of a song and an instrument, there will be someone on YouTube offering a lesson on how to play it. For starters, if you have a guitar, here's 10 songs you can play with three chords:

<https://www.youtube.com/watch?v=zi6CRi0SXLM&t=1224s>

Learn a New Skill – if you can think of it, YouTube will have a video to show you how to do it. From drawing Baby Yoda: https://www.youtube.com/watch?v=a1NT7aWr_ow to making an origami swan: <https://www.youtube.com/watch?v=Ux1ECrNDZl4>

Learn a New Language – From Spanish to Swahili, a simple search will give you access to learn pretty much any language in the world from basic to advance.

Free Music Streaming from Spotify



You can stream practically any song on Spotify for free: www.spotify.com

It's ad supported, so you will hear an advert after every few songs but it's a great site for listening to your favourite tracks or discovering something new. Spotify is available on Android and iOS, as well as on your desktop and there's even an app on Sky TV for it.

Visit a Virtual Museum and take a tour

Many museums these days offer virtual tours of their collections. You can find 12 of them listed here

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Learn a new language from Duolingo



There are many apps available to learn a language available. Duolingo is one of many and very popular as it covers all languages: www.duolingo.com

TedTalks



Website: www.ted.com

Available online and also on android and iOS apps, Ted Talks (all under 18mins long) offer amazing insights from leading experts on every subject from science to business to global issues. Here's a link to the most popular Ted Talks of all times to get you started:

https://www.ted.com/playlists/171/the_most_popular_talks_of_all

Host a Virtual “Cocktail Party” or Quiz



There are many different free video conferencing apps available and these can all be used to host virtual parties and even a virtual quiz with your friends, family or neighbours. We recommend Skype (www.skype.com) which lets you host up to 50 people or Zoom (www.zoom.us) which lets you host up to 100 people on the free version.

The Best Free Meditation Apps



Investing 5 or 10 minutes of your day in meditation makes a huge difference. You will feel calmer and much more ready to face the challenges of the day. All these apps are available on both Android and iOS devices.

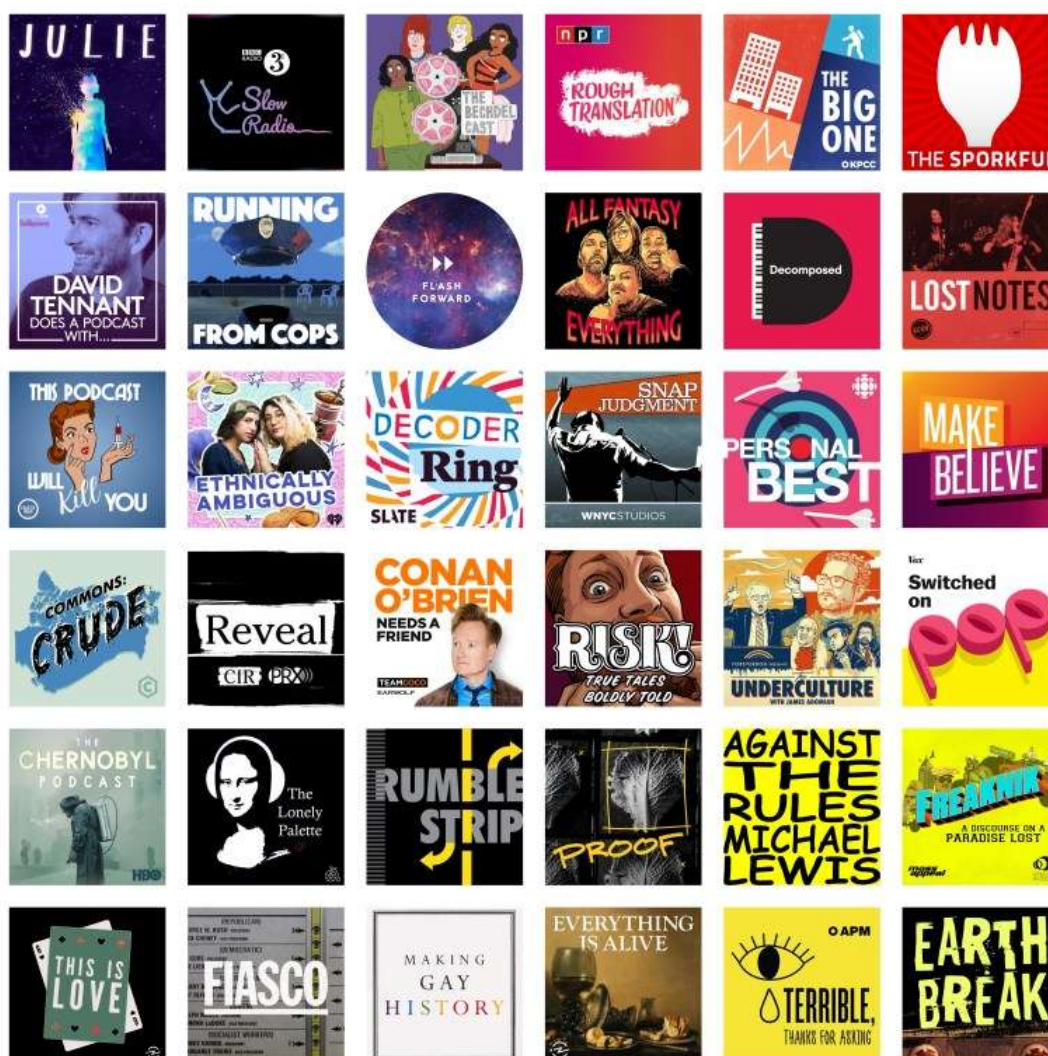
Calm – Available for [Android](#) and [iOS](#) - 16 free meditation sequences available

Aura - Available for [iOS](#) and [Android](#) – A free 3 minute meditation every day

Stop, Breathe, & Think - Available for [iOS](#) and [Android](#) – Offers lots of free sessions ranging from 11 mins to full sessions

Insight Timer - Available for [iOS](#) and [Android](#) - offers over 4,000 guided meditations from many, many teachers

Podcasts



Podcasts can be found everywhere these days, from your Apple or Android devices as well as on popular streaming sites such as Spotify. Check out Wired's top 33 podcasts here for some inspiration of what to listen to - <https://www.wired.co.uk/article/best-podcasts>

30 Day free trial of Audible Audiobooks



Website: www.audible.co.uk

What you get;

- You own your audiobooks
- Your books are yours to keep, even if you cancel
- Swap an audiobook for any reason
- Exchange any audiobook you don't love
- Audible Original Podcasts
- Unlimited listening to documentaries, comedies and more
- Exclusive deals throughout the month
- Up to 80% off selected audiobooks
- Listen online or offline
- Enjoy when you're online, underground or mid-flight
- One audiobook every month
- Get 1 audiobook a month, good for any title

For those less Tech Savvy



We understand that many of us will have older friends and relatives who may find modern technology difficult or simply don't have a smart phone or computer. You can reach out to these people and help them to order things like Jigsaw puzzles, painting by numbers, sewing kits, art materials, books, DVDs, CDs and many more items that can help them pass the time. And always remember, a phone call goes a long way!

Some other useful links to websites with suggestions of what to do when isolating



The Local.es - Ten top tips for keeping kids entertained during Spain's lockdown:

<https://www.thelocal.es/20200318/ten-top-tips-for-keeping-kids-entertained-during-spains-lockdown>

Hello magazine offers 21 things to do whilst self-isolating: [Hello Magazine 21 Things To Do](#)

The Cbeebies Website has lots of fun things to do with the kids: www.cbeebies.com

Popsugar gives you 30 free educational websites parents can access while schools are closed:

<https://www.popsugar.co.uk/>

Good Housekeeping has 55+ things to do to pass the time: [Good Housekeeping 55+ Things to do](#)

50 Easy, Fun Things to Do with Kids at Home: <https://www.nymetroparents.com/article/fun-indoor-activities-for-kids20200316>

El Pais - how to protect your physical health while working at home:

<https://english.elpais.com/verne/2020-03-18/how-to-protect-your-physical-health-while-working-from-home-during-spains-coronavirus-lockdown.html>

Looking after your physical & mental health



Mental Health and Support

All the information stated here, and so much more can be found in the links below:

You might be worried about coronavirus (COVID-19) and how it could affect your life. This will include being asked to stay at home or avoid other people. This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.

This information is to help you cope.

Do make time for 'micro-lifts' throughout your day

One of the main problems with self-isolation is that we start to miss "micro-lifts" that we normally have peppered throughout our day without even necessarily realising. When you're alone at home that doesn't happen and the cumulative effect of that is massive, especially around the two-week mark. So instead we need to create micro-lifts, it has to be something that generates a sense of achievement. That might be a new exercise, learning a little bit of a language, talking to someone on FaceTime or joining a book group online.

Do maintain a sense of routine

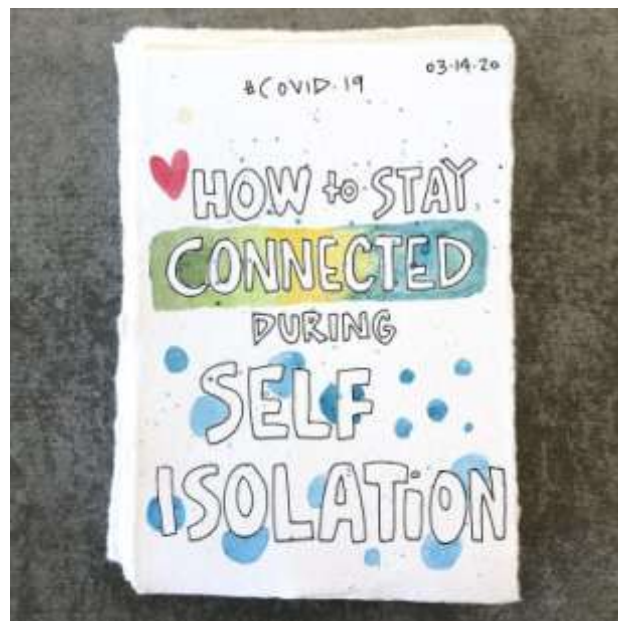
Find yourself spending all day in your pyjamas or remembering at 3pm that you haven't brushed your teeth because you knew you wouldn't be seeing anyone? Although in the short term it can feel nice to be lazy, in the long term this isn't going to be good for your mental wellbeing. As far as possible, try to maintain as much of a routine as you can. Wake up and go to bed at healthy times to ensure you get enough sleep



Don't just sit in front of a screen – vary your activities

Why not try: downloading podcasts, watching box sets, doing arts and crafts, knitting, trying meditation, baking new foods, learning a new hobby like origami, skyping friends, FaceTime calls, cooking, writing, reading a book, doing DIY or gardening.

Do stay connected to people



Just because you're self-isolating, doesn't mean you have to cut yourself off altogether. If you feel that you're beginning to struggle, take some time to call a friend or family member. Talk about how you're feeling. If you don't have anyone you can speak to you can call emotional support lines for help or reach out to local groups where you can. You can stay connected via email, social media, video conference and telephone. Have eating dates together via video, join an online group, write or email old friends you may have not been in touch with for a while.

Limit your news intake

As the World Health Organisation says “A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day from health professionals and the WHO website and avoid listening to or following rumours that make you feel uncomfortable.”



Don't get drawn into a negative spiral

One of the most dangerous things for your mental health is having too much time to think about your life critically. When self-isolating you've got a lot of time to think and it's very common to experience massive life dissatisfaction as a result. It will help to try and see it as a different period of time in your life, and not necessarily a bad one, even if you didn't choose it. It will mean a different rhythm of life, a chance to be in touch with others in different ways than usual

Engage with nature



Our physical health and mental health are linked so try to create a routine that includes some physical exercise. Although you can't spend time with others, do make the most of any private outdoor space you have such as a garden or balcony if you have one, as being in nature can also help our wellbeing. Alternatively, try looking out of the window to watch the birds or tend to houseplants to keep your mind stimulated and engaged with nature and our outdoor surroundings. If you can, also open the window and let fresh air into your room.

Things you can do to help others:



For much more information please see the below links:

Mind.org Great in-depth advice here on everything from:

- Planning for staying at home or indoors
- Taking care of your mental health and wellbeing
- Checklist: are you ready to stay at home?

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Anxiety UK – Here you get access to all this and so much more:

- Online support groups
- Multiple webinars like, how to be kind to yourself, mindfulness techniques, feeling trapped and claustrophobic with more being released regularly
- How to talk to children about COVID-19
- Coping during the pandemic – a free online course

<https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

Mental Health Foundation:

- More mental health tips
- Tips for employers and employees on how to look after their mental health
- Random acts of kindness and how they can help
- Beyond panic buying

<https://mentalhealth.org.uk/coronavirus>

Links to useful news and media articles, including those used for reference

World Health Organisation – Covid-19 mental health (downloadable PDF)

<https://www.anxietyuk.org.uk/wp-content/uploads/2020/03/mental-health-considerations-WHO.pdf>

Unicef: How teenagers can protect their mental health during coronavirus (COVID-19)

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

The Independent: How to manage your mental health while self-isolating:

<https://www.independent.co.uk/life-style/health-and-families/coronavirus-mental-health-self-isolate-how-to-manage-quarantine-a9404431.html>

Coronavirus (Covid-19) - The Science



While we understand not everyone will want to review the science, data and spread of Covid-19, for those that do having official and reliable sources are vital.

Below are links where you can view and track this type of information:

Coronavirus COVID-19 Global Cases by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University

- Updated daily covering 160 countries
- Confirmed cases by country and region
- Total deaths and recoveries
- Maps of active and accumulated cases

<https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

World Health Organization: Global research on coronavirus disease (COVID-19)

- Database of scientific publications on coronavirus
- Update of research activities

https://www.who.int/diagnostics_laboratory/EUL/en/

Media Links to articles:

COVID-19 coronavirus epidemic has a natural origin:

<https://www.sciencedaily.com/releases/2020/03/200317175442.htm>

New Scientist - Google may help UK officials track coronavirus social distancing:

<https://www.newscientist.com/article/2238136-google-may-help-uk-officials-track-coronavirus-social-distancing/#ixzz6HRBcZEmv>

New Scientist -To fight the coronavirus pandemic effectively we need lots more data:

<https://www.newscientist.com/article/mg24532743-200-to-fight-the-coronavirus-pandemic-effectively-we-need-lots-more-data/#ixzz6HRC2MM2k>

The race to test coronavirus antiviral drugs and vaccines is under way:

<https://www.newscientist.com/article/mg24532734-000-the-race-to-test-coronavirus-antiviral-drugs-and-vaccines-is-under-way/#ixzz6HRCRy8mC>

Other resources on coronavirus disease (COVID-19):

- [BMJ](#)
- [Cambridge University Press](#)
- [Centers for Disease Control and Prevention](#)
- [Cochrane](#)
- [Elsevier](#)
- [European Centre for Disease Prevention and Control \(ECDC\)](#)
- [JAMA Network](#)
- [The Lancet](#)
- [New England Journal of Medicine](#)
- [Oxford University Press](#)
- [PLOS](#)
- [Springer Nature](#)
- [SSRN \(Preprints\)](#)
- [Wiley](#)

During these difficult and demanding times, Brema in Spain is here to inform and support our members. You may be isolated, but you are not alone. So please, stay home, stay connected & stay safe.