

# A Restart Guide after Staying Home for Youth

In the past few months, our lives have been turned upside down. We may have felt stressed or unsure for a while. Now as “normal” is right around the corner, it may be difficult to know how to react. And that’s okay! It’s important to listen to yourself – rest, and take things slow when you need to. The new “normal” doesn’t have to come right away.

We’ve put together some tips to help you during this uncertain time. If you’re curious about what BC is doing, take a look at [BC’s Restart Guide](#). It can help you understand when things are opening and what to expect as we work through COVID-19.



## Taking Care of your Health

With so much change and uncertainty, it’s normal to feel worried and overwhelmed. Here are some strategies that might help:



**Set aside time for yourself and practice self-care.**

**Accept what you’re feeling and try some simple mindfulness exercises**



**Find ways to be there for others and connect with friends and family**

**Eat healthy food and drink plenty of water**



**Get enough sleep and try to stick to a regular sleep schedule**



**Get extra help and support when you need it from counsellors or peer support workers**

**Exercise and get outside regularly**



# Follow COVID-19 Health Advice from Trusted Sources



Use the [BC COVID-19 Assessment Tool](#). If you have any symptoms (even mild ones) this tool can help you find a testing location.

You can also call **8-1-1** anytime to talk to a nurse at [HealthLinkBC](#) and get advice about how you are feeling and what to do next.

## Some General **Do's** and **Don'ts**...



Try to stay close to home

Wash hands often and sneeze into your elbow

Clean surfaces and objects regularly

Wear a non-medical face covering when you can't keep two metres apart from others (on public transit, grocery shopping, etc.)



Avoid unnecessary travel outside of your community

Avoid hugs or handshakes with people outside of your household

Avoid touching your face often

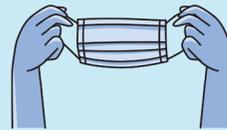
Avoid gatherings of seven or more people indoors

### On face coverings:

You can **make your own face coverings**

Make sure:

- the face covering is **clean and dry**
- your **hands are clean** before you touch the mask
- your hair is away from your face
- it's **over your nose and mouth**
- the mask fits snugly to your cheeks **without any gaps**



## Social gatherings: what to consider

